

Food: the Good Girl's Drug: How to Stop Using Food to Control Your Feelings

"Clear, well-informed, evocative, and caring."
—NANCY WOLF

food: the good girl's drug
How to Stop Using Food to Control Your Feelings



Sunny Sea Gold
Founder of HealthyGirl.org



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Book Review

It is one of the best publications. It was written extremely flawlessly and valuably. I am easily able to get a delight out of looking at a created pdf.

(Mikayla Lockman)

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