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As you'll learn in Shrink Yourself, all the diets, exercise regimens, and surgical procedures in the world will not free you from this vicious cycle. Why? Because they don't address your reasons for overeating.

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Shrink Yourself: Break Free from Emotional Eating Forever. Roger Gould. Studies show that the reason why many people gain weight—and keep it on—is emotional eating, not physical eating. Now Dr. Roger Gould, a psychotherapist

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and a leading authority on emotional eating, shows how to overcome fear, anxiety, and other stresses and stop using food as an over-the-counter tranquilizer that can cause weight gain.

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Shrink Yourself : Break Free from Emotional Eating Forever ...

Shrink Yourself: Break Free from Emotional Eating Forever ; First edition. Author: Roger Gould: Language: English: Subject: Emotional eating: Publisher: Wiley: ISBN: 978-0470044858: Shrink Yourself (2007) is a book on emotional eating by Roger Gould. In Shrink Yourself, Gould suggests that the

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powerlessness people feel over food
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Achieve permanent weight loss and control with ShrinkYourself - Dr. Roger Gould's clinically proven digital program to control emotional eating, overeating and binge eating.

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This 8-week Bible study contains 40 daily lessons that will help you 1) break free from the stronghold of emotional eating and 2) let go of those negative emotions that rob your joy. Paul tells us in 2 Corinethian 10:3-5 that the answer to tearing down a stronghold isn't self-control - it's truth.

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