



Love Hunger: Recovery from Food Addiction

Dr. Frank Minirth

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The national bestseller that shows readers a way out of the overeating dilemma caused by food addiction. Here is a comprehensive program that helps identify whether or not you are using food as a substitute for love, career fulfillment, or friendship and shows you how to break that addiction. Once you begin dealing with the psychological basis for your eating problems, you'll be reading to lose weight healthfully, with a dietician-designed food plan, that includes daily menus, recipes, as well as strategies for relapses, maintenance, motivation, and more. This is a complete plan for body, mind, and soul.

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