



W.A.I.T.loss: The Keys to Food Freedom and Winning the Battle of the Binge

Wendy Hendry

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Do you know what it's like to "feel fat"?

Do you beat yourself up when one bite of cookie dough turns into eating the whole batch?

Have you dieted yourself into a larger dress size?

Are you frustrated because hours of exercise have produced zero results?

If you have answered yes to any of these questions, you are not alone. Studies show that 75% of women suffer from an unhealthy relationship with food. The good news is there is hope.

W.A.I.T.loss: The Keys to Finding Food Freedom and Winning the Battle of the Binge is about Wendy Hendry's journey to recovery from 35 years of dieting and bingeing. Like many others stuck in their own cerebral food prison, Wendy dieted and binged her way into obesity.

Learning the keys to physical and mindful health that she shares in her book, Wendy was able to heal her body as well as free her mind. Now a certified Health Coach and Fitness Trainer, Wendy's W.A.I.T. (What Am I Thinking?) and Click approach to recovery has helped hundreds of others find that same freedom. Weight loss should be a natural consequence of healthy living. This book will help you find that.

W.A.I.T.loss: The Keys to Finding Food Freedom and Winning the Battle of the Binge is the perfect combination of storytelling, common sense, humor and scientific proof that recovery is possible.

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Kathy Natal:

W.A.I.T.loss: The Keys to Food Freedom and Winning the Battle of the Binge can be one of your nice books that are good idea. Most of us recommend that straight away because this reserve has good vocabulary which could increase your knowledge in vocab, easy to understand, bit entertaining but delivering the information. The writer giving his/her effort to set every word into joy arrangement in writing W.A.I.T.loss: The Keys to Food Freedom and Winning the Battle of the Binge although doesn't forget the main level, giving the reader the hottest along with based confirm resource details that maybe you can be one among it. This great information may drawn you into completely new stage of crucial considering.

Katherine Ouellette:

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In this era which is the greater man or woman or who has ability in doing something more are more special than other. Do you want to become certainly one of it? It is just simple approach to have that. What you are related is just spending your time very little but quite enough to get a look at some books. One of the books in the top checklist in your reading list is usually W.A.I.T.loss: The Keys to Food Freedom and Winning the Battle of the Binge. This book that is certainly qualified as The Hungry Inclines can get you closer in turning out to be precious person. By looking upwards and review this book you can get many advantages.

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