



Food Triggers: End Your Cravings, Eat Well and Live Better

Rhona Epstein

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TRUE FREEDOM FROM WHAT CONTROLS YOU

For anyone who's ever eaten more cookies, chips, pasta, or bread than you meant to, *Food Triggers* can help you stop. Amazing new research on how your body chemistry works shows that you *can* find freedom from overeating, lose weight, and navigate better food choices.

Food Triggers is teeming with practical applications, biblical insight, and inspiring true stories of struggle and success. This is not another diet book—it is a food addict's road map to a promised land of living a full, healthy, and free life.

DISCOVER:

- The chemical explanation for how, when, and why you eat.
- How you can stop obsessing about what you will eat. How to embrace your heart's true desires.
- How you can help a loved one who is addicted to food.
- Why addictive eating is a physical, emotional, and spiritual problem that must be addressed on all three levels.

— *Includes reader's group discussion guide* —

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From reader reviews:

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Keri Lo:

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Teresa Obannon:

A lot of people always spent their free time to vacation as well as go to the outside with them friends and family or their friend. Were you aware? Many a lot of people spent they free time just watching TV, as well as playing video games all day long. If you need to try to find a new activity that's look different you can read some sort of book. It is really fun to suit your needs. If you enjoy the book that you simply read you can spent the whole day to reading a reserve. The book Food Triggers: End Your Cravings, Eat Well and Live Better it is rather good to read. There are a lot of folks that recommended this book. These were enjoying reading this book. In the event you did not have enough space to develop this book you can buy often the e-

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