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# Food The Good Girls Drug How To Stop Using Food To Control Your Feelings

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*food: the good girl's drug*

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*Do Drug Addicts Think* ~~How Long Does~~

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~~(Opiates, opioids, heroin, alcohol, cocaine,~~

~~meth) ~~Food The Good Girls Drug~~~~

Food: A Good Girl's Drug, written by

Sunny Sea Gold is a novel about the

unrecognized importance and escalation of

binge eating disorders or 'BED'. The

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importance of this disorder is often overlooked because it's "not as glamorous as anorexia or bulimia."

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Praise for Food: the Good Girl's Drug "Sunny Sea Gold is one of the best and most compassionate educators about women's health issues out there. She is especially strong on the emotional underpinnings of health conditions such as eating disorders and obsessive thinking

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about body image that have deep roots in a gender context.”—Naomi Wolf, author of the New York Times bestsellers The ...

## ~~Food: the Good Girl's Drug: How to Stop Using Food to ...~~

With humor and compassion from someone who's seen it all, Food: The Good Girl's Drug is about experiences shared by many women-whether they've been struggling with compulsive overeating their whole lives, or have just admitted to themselves, that yes, it's more than just a bad habit.

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Sunny Sea Gold is the founder of HealthyGirl.org , a support site for young women who emotionally overeat, and the author of Food: The Good Girl's Drug . The cover, however, reads more footloose

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Food: The Good Girl's Drug is one recovered binge eater's attempt to inject some sanity back into the discussion about food, body image, and overeating. Sunny Sea Gold started fighting binge eating disorder in her early teens.

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Food."Drugs".A food "drug" is anything we eat that we have no control over. Food is a "good girl drug."<sup>o</sup> I claim no gender bias; food can be the good guy drug too! Anyone who uses food to "medicate" themselves, medicate their emotional ...

Author: Paula M. Youmell. Publisher: Balboa Press ISBN: 9781452565903  
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(Humbling!) advance praise for Food: The Good Girl's Drug from the amazing Naomi Wolf: "Sunny Sea Gold is one of the best and most compassionate educators about women's health issues out there. Anyone concerned about the emotional roots of her (or his) food or body issues will be enlightened and helped by Gold's clear, well-informed, evocative and caring exploration."

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Food The Good Girl S Drug. Get this Book. Contents Books About: Sunny Sea Gold started fighting a binge eating disorder in her teens. But most books on the topic were aimed at older women, women she had a hard time relating to. Calling on top psychiatrists, nutritionists, and fitness experts, Sunny offers real advice to a new generation ...

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Food The Good Girls Drug by Sunny Sea Gold available in Trade Paperback on

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Powells.com, also read synopsis and reviews. A guide to ending compulsive emotional overeating and establishing a healthy relationship with food....

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Food: The Good Girl's Drug. How to Stop Using Food to Control Your Feelings. Sunny Sea Gold. 3.8, 31 Ratings. \$8.99. \$8.99. Publisher Description. Bingeing, compulsive eating, food addiction, emotional overeating—no matter what you call it, too many women wrestle day to day with what they eat. It's a love-hate relationship that always seems to be spiraling out of control.

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