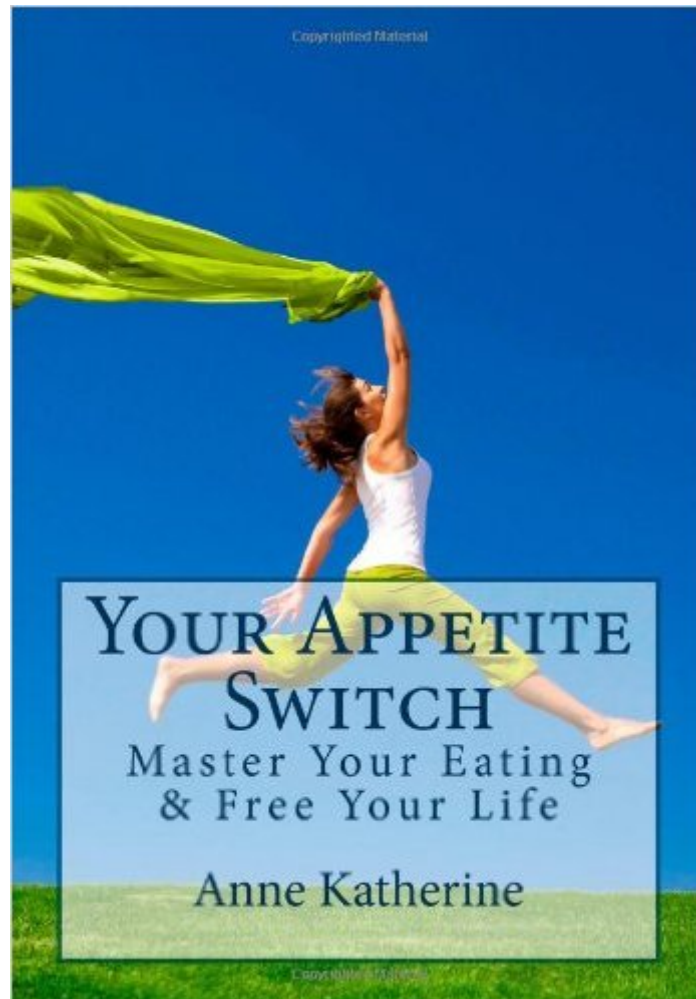


The book was found

Your Appetite Switch: Master Your Eating & Free Your Life



Synopsis

Enough with the diets. Let's pay attention to the real cause of overeating--an appetite switch that is stuck. You can turn off that appetite switch with just 5 changes and discover the joy of living your life without thinking about food all the time. You can't imagine how much of your time and energy are hijacked by food issues until you emerge into the freedom of a clear mind and a new spirit. The first steps are easy and by Change 3, you will notice an immediate change in your need for food. After Change 5, you'll be delivered from the prison of compulsive munching. Give yourself the greatest gift you've ever deserved--liberation from food addiction, compulsive eating, obsessive food thoughts, and a rising scale. You'll love yourself for giving yourself greater health and energy. You'll love your new liberated life.

Book Information

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Customer Reviews

Anne Katherine is without a doubt the foremost researcher and writer on the topic of "dieting" in her generation. What an incredible job of fitting together the mystery of appetite! If you have struggled as many of us with the life depleting battle over food addiction, you will feel the weight of that struggle lift off your shoulders and fly away because there is not only HOPE, but a clear and simple plan that promises to make all the difference. THIS IS NOT A DIET BOOK...it is much, much more than that. It makes diets obsolete by focusing on the REAL causes of overeating and under-exercising...the CHEMICAL reaction of the brain and the body that sabotage the best of efforts to reign in our appetites. I found the solutions to be accessible and easy. Most diets are ultimately burdensome and

unwieldy, not to mention unsuccessful. Katherine's plan is healing. This is the start of something entirely new in the field of appetite disorders. Do yourself a favor and run for this book!

I think I have read 100's of books over the years on how to stop perpetually eating the same foods that I binge or compulsively eat. This is the first book that has logical program to help stop that compulsive behavior. I am not finished with her whole program ... but I can see how I fall for some of the same food traps over and over. I like the research aspects of the book... try this and report the result.

This is an amazing book. I am well-versed in the studies that show a connection between lack of sleep and overeating, stress and overeating, insufficient serotonin and overeating, etc. This is the first book I've read that actually gave me a plan that enabled me to pinpoint exactly when and why those factors were affecting my eating on a daily basis. On the recommended three meals and two snacks a day my cravings all but vanished. When lack of sleep or stress did bring on a craving, I was able to pinpoint what and why I was experiencing it. I'm learning how to avoid setting myself up for failure. Thank you, Anne Katherine, for putting it all together in such a succinct and productive way. I am no longer a slave to my "Appetite Switch" and my energy is returning.

I just read this book, and am excited to get stuck in. But, the book says there's an online component, where I can download the charts using a 'secret word' but after searching the website the promise doesn't seem to be possible any longer.

Its a horrible thing to find out you are addicted to food - like seriously addicted. I haven't been able to switch off, but its good to have a guide and be able to make better choices.

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