



**[(So You Want to Lose Weight But You Can't Stop Eating)] [By (author) Lacy Enderson] published on (September, 2007)**

*Lacy Enderson*

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So you want to lose weight but you can't stop eating is a serious dilemma for many people today. Food addiction is just as serious to the overeater as cigarettes are to the smoker and alcohol is to the alcoholic. Recovery from food addiction is possible with the power and help of God. I suffered for many years from bulimia and then binge eating. By the grace of God I have been set free. God gave me peace and freedom from the insanity of overeating. This book is short and sweet. It is my intentions that you learn as much as possible in the shortest amount of time so you can be on your way to a life of serenity you've only ever dreamed of. Begin today by taking the first step to recovery. Learn how you too can escape the mental torment and driving force of food addiction.

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