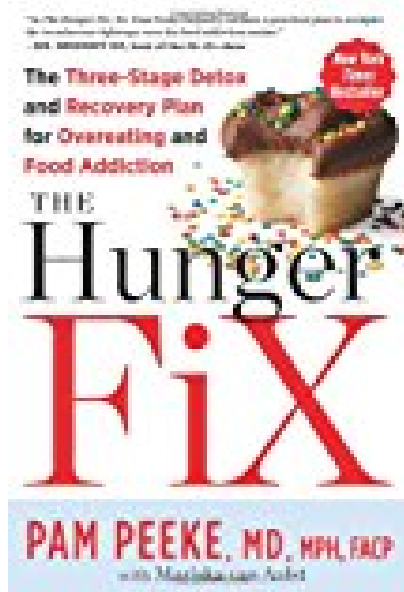


The Hunger Fix The Three-Stage Detox and Recovery Plan for Overeating and Food Addiction



BOOK DETAILS

- Author : Pamela Peeke
- Pages : 368 Pages
- Publisher : Rodale Books
- Language : English
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BOOK SYNOPSIS

The author of the best-selling Body-for-Life for Women outlines a neuroscience-based program for rewiring the food-addicted brain, revealing how to tap awareness about the body chemical dopamine to replace unhealthy practices with beneficial habits, in a guide that outlines a three-stage plan of fitness routines and strategic foods.

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