

Download Anatomy Of A Food Addiction The Brain Chemistry Of Overeating

Anatomy of a Food Addiction: The Brain Chemistry of Overeating: An Effective Program to Overcome Compulsive Eating (3rd Edition) 3rd Edition Anatomy of a Food Addiction: The Brain Chemistry of Overeating - Kindle edition by Anne Katherine M.A.. Download it once and read it on your Kindle device, PC, phones or tablets. Use features like bookmarks, note taking and highlighting while reading Anatomy of a Food Addiction: The Brain Chemistry of Overeating. Anne Katherine, a Certified Eating Disorders Therapist and former compulsive eater, explains the chemical reactions in the brain that work in conjunction with lifelong emotional conflicts to make food—particularly sugar and refined carbohydrates—such a comfort that it's almost like a drug. Anne Katherine, a Certified Eating Disorders Therapist and former compulsive eater, explains the chemical reactions in the brain that work in conjunction with lifelong emotional conflicts to make food—particularly sugar and refined carbohydrates—such a comfort that it's almost like a drug.