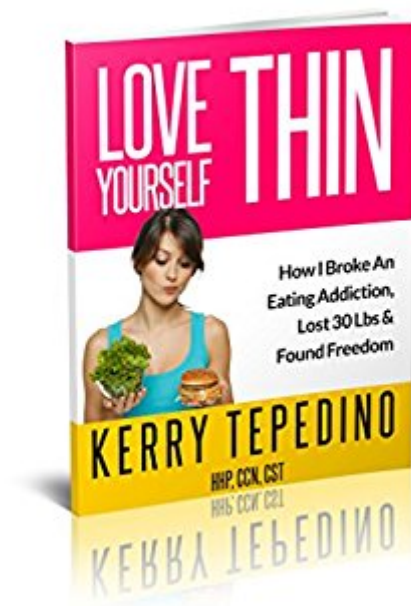


The book was found

Love Yourself Thin: How I Broke An Eating Addiction, Lost 30 Lbs & Found Freedom



Synopsis

Kerry Tepedino recovered from a painful past of bulimia and a body image disorder. She is now dedicated to empowering women who also struggle with a dysfunctional relationship to food and eating, that stems from an issue of low self-worth and value. She is the author of "Love Yourself Thin: How I Broke An Eating Addiction, Lost 30 lbs, and Found Freedom" (2016), which maps out the very process she took to heal her body, mind and heart. This is a self-help book based on the exact concepts that helped Kerry and thousands of other women recover worldwide.

Book Information

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Customer Reviews

Literally, all this book is is a cover and a page that says, "this is my book Love Yourself Thin". Do not buy this. I can't even give it one star for its sentence.

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Addiction-Gambling Addiction-Internet Addiction-Overeating Caffeine Addiction Gone - A Beginners Guide to Overcoming Caffeine Addiction (Caffeine Addiction Guide, Caffeine Addiction, Overcoming Caffeine Addiction) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Smoking Addiction: Desire To Stop Smoking Addiction Just Three Steps (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) Gambling Addiction Cure: Gambling Addiction Cure and Recovery of Your Life (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) Gambling Addiction Recovery: Gambling Addiction Recovery and Cure of Your Life (Addiction Recovery, Addictions Gambling, Quit Smoking, Addiction) Overeating: How To Overcome Overeating, Food Addiction And Control Your Eating..11 simple and Easy Steps To Overcome Overeating! (Emotional Eating, Food ... Binge. Will Power, Mindful Eating, Craving) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) The Ultimate Gambling Addiction Help Guide: How To Overcome A Gambling Addiction And Problem Gambling Once And For All (gambling addiction cure, problems, ... craps, baccarat, poker, blackjack) Gambling Addiction: The Ultimate Guide To Gambling Addiction Recovery: How To Finally Overcome Gambling Addiction And Problem Gambling Forever (Overcome ... Sports Gambling, Fantasy Sports, Poker) How to Have Your Cake and Your Skinny Jeans Too: Stop Binge Eating, Overeating and Dieting For Good Get the Naturally Thin Body You Crave From the Inside Out (Binge Eating Solution Book 1) Thyroid Weight Gain No More: How I Finally Fixed My Thyroid Problem With a 5-Step Plan & Lost 50 lbs in 40 Days! Ketogenic diet for dummies: Discover how lost 10 lbs & 5 inch of my belly and hips in just 45 minutes a week (My Fitness program weight loss and build muscle by Martin Jackson Book 2) Facing Love Addiction: Giving Yourself the Power to Change the Way You Love Walk Your Way To Weight Loss 2nd edition: The Ultimate Guide On How To Lose Weight, Burn Fat & Stay Thin With Walking (Weight Loss, Exercise, work out, ... stay thin, energy, fitness, healing) The Thin Book of Appreciative Inquiry (3rd Edition) (Thin Book Series) Clean Eating: Fire up Your Weight Loss and Energy with Amazingly Delicious Clean Eating Recipes (Clean Eating Cookbook) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1)