



**Binge Eating: The Binge Eating Cure,  
Permanently Overcoming Binge Eating Disorder  
In Order To Lose Weight, Gain Confidence, Be  
Healthy, And Live A Happy Life While Still Eating  
Your Favorite Foods**

*Tanner Fox*

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# **Binge Eating: The Binge Eating Cure, Permanently Overcoming Binge Eating Disorder In Order To Lose Weight, Gain Confidence, Be Healthy, And Live A Happy Life While Still Eating Your Favorite Foods**

*Tanner Fox*

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I want to thank you and congratulate you for downloading the book, “Binge Eating: The Binge Eating Cure, Permanently Overcoming Binge Eating Disorder in Order to Lose Weight, Gain Confidence, Be Healthy, and Live a Happy Life While Still Eating Your Favorite Foods.”

This book contains proven steps and strategies on how to get over your binge eating disorder – often referred to as emotional eating or compulsive eating. If you want to permanently overcome your binge eating disorder, you have to understand yourself and the reasons behind why you eat as you do. This book shows you how to look into your emotions and feelings so you will know how to address them in ways other than eating uncontrollably.

This book points out why it is important for you to cultivate a healthy and smart disposition toward yourself in general and food in particular. It will help you understand how binge eating can make you unhealthy and miserable. It will teach you what causes you to binge eat so that you can address the problem in specific and practical ways. It helps you reach a permanent cure by providing strategies to help you get over your binge problem in a way that is practical, hopeful and empowering – not futile or oppressive. It teaches you how to effectively address binge eating so that you can be healthy and self-confident -- and have a happy and productive life.

Thanks again for downloading this book, I hope you enjoy it!

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