



# Conquer Your Food Addiction: The Ehrlich 8-Step Program for Permanent Weight Lo

*Caryl Ehrlich*

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*Conquer Your Food Addiction* is not a diet book.

**But if you're committed to losing weight, it's the right book for you!**

Nobody can cajole, trick, or provoke you into shedding those excess pounds. But if you are genuinely ready to go for it, Caryl Ehrlich is here to lead the way with her 8-step program for permanent weight loss. The perfect solution for people who are overweight -- many of whom are compulsive eaters -- Ehrlich's is a behavioral approach to weight loss that teaches you how to change habits in order to overcome food addiction. As she observes, no deprivation diet will work for food addicts, because they use food the way other addicts use drugs or alcohol: not to satisfy physical hunger but to distract oneself from painful feelings -- loneliness, anger, boredom, sadness -- with a never-ending conveyor belt of food.

A former compulsive eater herself, Ehrlich developed this easy-to-understand program for herself more than twenty-five years ago and has taught it to others, with astounding results, for more than two decades. With the help of *Conquer Your Food Addiction* you will:

- Learn how to distinguish physical hunger from emotional hunger
- Become aware of your unconscious, ritualized eating habits
- Develop the skills necessary to approach food differently
- Change your behavior in order to change your body
- Awaken to an improved, realistic relationship with food

Using original concepts and easy assignments, Ehrlich's proven 8-step program retrains your thought process so that you can begin to see food in a new and healthy way. Once you do, you'll be amazed at how the pounds come off!

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