

STOP BINGE EATING AND START LIVING AGAIN

Ryan Q. Comparan

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[Podcast] Julie Latz Peaceful Eater Stop Binge Eating & Start Living Again

If you are out of control with your eating and can't seem to stop, Julie Latz knows exactly how you feel. For 45 years, Julie went through the yo-yo dieting/binge.

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All my food decisions become reason based. At the time, there was nothing more I wanted to learn than how to stop binge eating.

Thankyouforyourhonestlyandyourgentleapproachtohelpallofustrustour You have a normal ongoing supply of brain chemicals. To be truthful, binge eating was the least of my problems a few years ago. Thank you for making me not feel alone and that there is an answer, one step at a time.

Youmayunsubscribeatanytime.This is unfortunately not a before and after picture. I started keeping a compliment journal.