

# Shrink Yourself: Break Free from Emotional Eating Forever

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## Shrink Yourself

Break free from emotional eating  
**forever!**



(The therapist's guide to losing weight)

ROGER GOULD, M.D.

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Studies show that the reason why many people gain weight—and keep it on—is emotional eating, not physical eating.

Now Dr. Roger Gould, a psychotherapist and a leading authority on emotional eating, shows how to overcome fear, anxiety, and other stresses and stop using food as an over-the-counter tranquilizer that can cause weight gain. With 12 practical ways to stop emotional eating and an eight-session program, Dr. Gould helps you become your own eating therapist and shrink yourself for good.