



Inside an Emotional Eater's Head: A novel

Dr H Adam

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Amanda is thirty four years-old, single, has low self-esteem, and is struggling to beat an addiction for which there is no help available. While alcoholics have the A.A. and drug addicts have drug rehab and counselling, emotional eaters—have fad diets that suck them dry of nutrients and energy. They also have starvation. These are Amanda's only means of combating an addiction that is ruining her life. This is the story of Amanda Penman, an emotional eater who hates her body. After a life spent battling her addiction, in secret, hiding it from her parents and best friend, she has had enough. She knows she needs help, but she keeps looking in all the wrong places. During her search for answers, she faces challenges that threaten to break her spirit, and leave her reaching for the biscuits. Will she find the help she needs, or will she continue to binge?

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