

Overeaters Journal: Exercises For The Heart, Mind, And Soul. - Debbie Danowski

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As a 328-pound woman, Debbie Danowski was on her way to an early death when she entered a treatment center for food addiction 14 years ago. During the six-week stay, she was required to keep a daily journal, a task that she now credits with helping to save her life. The act of writing forced Danowski to uncover thought and feelings she had kept hidden. It was the key to unlocking her lifelong food obsession. Now Danowski brings her special insight and writing expertise to The Overeaters Journal with journaling exercises that explore the physical, emotional, and spiritual aspects of food obsession. Author: Danowski, Debbie Publisher: Hazelden Illustration: N Language: ENG Title: Overeaters Journal: Exercises for the Heart, Mind, and Soul. Pages: 00152 (Encrypted EPUB) On Sale: 2009-10-28 SKU-13/ISBN: 9781592850808 Category: Self-Help : Eating Disorders - General Category: Psychology : Mental Health Category: Self-Help : Personal Growth - Self-Esteem

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