



## Constant Craving: What Your Food Cravings Mean and How to Overcome Them

By Doreen Virtue

Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, Constant Craving: What Your Food Cravings Mean and How to Overcome Them, Doreen Virtue, If you are frustrated by unmanageable food cravings, this is the book that can finally help you reduce or eliminate them! In this book, you will learn how to interpret and resolve your cravings for chocolate, crisps, burgers, bread, cheese, ice cream and many other foods. Doctor of psychology and author Doreen Virtue, PhD, will show you that you needn't kill your appetite - instead, you can heal your appetite with her unique internal approach. Virtue shows you that each food you crave corresponds to a specific emotional concern, such as a desire for love, fun, financial security, and forgiveness. A comprehensive chart that explains the probable meaning beyond your cravings for a variety of foods is also included in this one-of-a-kind book! Up-to-date scientific studies on appetite, several easy quizzes as well as a glossary of amino acids make this a valuable resource you'll refer to again and again!.



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