



Nice Girls Finish Fat: Put Yourself First and Change Your Eating Forever

Karen R. Koenig

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From a therapist and expert in emotional eating, the first book to explore the link between weight gain and women who do too much, complete with proven techniques for dropping pounds.

Many women put too much on their plates, both literally and figuratively. In *Nice Girls Finish Fat*, psychotherapist Karen R. Koenig explains the link between the two and gives overweight women detailed advice on how to lose their extra baggage—both emotional and physical—by becoming more assertive in every aspect of life. For the millions of overweight women in America, diet and exercise just aren't cutting it. That's because many of these women have emotional issues buried deep beneath those stubborn pounds, issues that must be dealt with first if weight loss plans are to succeed. In this illuminating book, based on decades of professional experience, Karen Koenig offers on-the-page psychotherapy to help readers attack the roots of their food problems. With her engaging personal style, she teaches women about the biological connections between repressed emotions and eating, revealing the ways many women use food to stuff their anger, control their aggression, and assuage their feelings of guilt—all in the pursuit of being “nice.” Giving “good girls” permission to love themselves first, Koenig offers thought-provoking quizzes and questions to help readers identify and overcome the habits that have been holding them back. Empowering readers to gain the confidence they need to lose weight, *Nice Girls Finish Fat* not only shows women how to stop obsessing about food and develop healthy eating habits, it teaches readers skills to improve every aspect of their lives.

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The reason? Because this Nice Girls Finish Fat: Put Yourself First and Change Your Eating Forever is an unordinary book that the inside of the e-book waiting for you to snap the idea but latter it will shock you with the secret the idea inside. Reading this book beside it was fantastic author who all write the book in such incredible way makes the content interior easier to understand, entertaining method but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this any longer or you going to regret it. This book will give you a lot of gains than the other book include such as help improving your talent and your critical thinking approach. So , still want to delay having that book? If I had been you I will go to the e-book store hurriedly.

Robert Jenkins:

Playing with family in a very park, coming to see the ocean world or hanging out with good friends is thing that usually you may have done when you have spare time, then why you don't try factor that really opposite from that. One particular activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition info. Even you love Nice Girls Finish Fat: Put Yourself First and Change Your Eating Forever, you may enjoy both. It is great combination right, you still would like to miss it? What kind of hang type is it? Oh come on its mind hangout guys. What? Still don't get it, oh come on its known as reading friends.

Michael Counts:

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