



An Emotional Eater's diary

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. These are Amanda's diary entries.

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