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## THE HUNGER FIX: THE THREE-STAGE DETOX AND RECOVERY PLAN FOR OVEREATING AND FOOD ADDICTION



Rodale Press Inc. Paperback. Book Condition: new. BRAND NEW, The Hunger Fix: The Three-stage Detox and Recovery Plan for Overeating and Food Addiction, Pamela Peeke, Mariska van Aalst, The body's built-in reward system, driven by the chemical dopamine, tells us to do more of the things that give us pleasure: Creative energy, falling in love, entrepreneurship, and even the continued propagation of the human race are driven by this system. Unfortunately, so is the urge to overeat. In The Hunger...

**Read PDF The Hunger Fix: The Three-stage Detox and Recovery Plan for Overeating and Food Addiction**

- Authored by Pamela Peeke, Mariska van Aalst
- Released at -



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