

1. Record Nr.	UNINA9910463822803321
Autore	Tarman Vera
Titolo	Food junkies : the truth about food addiction / / Verta Tarman, MD ; in consultation with Philip Werdell
Pubbl/distr/stampa	Toronto : , : Dundurn, , [2014] ©2014
ISBN	1-4597-2859-9 1-4597-2858-0
Descrizione fisica	1 online resource (354 p.)
Disciplina	616.85;616.8526
Soggetti	Compulsive eating Eating disorders Junk food - Health aspects Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Preface -- This Book, Bite Size: Our Message to You -- Chapter One: Eating, Eating, Eating: What Is the Problem with Me? -- Chapter Two: I Just Like to Eat! - Eating and Overeating -- Chapter Three: Sugar Makes Me Happy! -- Chapter Four: So, What Exactly Is Food Addiction? -- Chapter Five: Are You a Food Addict? -- Chapter Six: The Food Fights: Addiction or Eating Disorder? -- Chapter Seven: Lawrence: The Tragic Story of a Food Addict -- Chapter Eight: Stages of Food Addiction -- Chapter Nine: Food Addiction: The Great Saboteur -- Chapter Ten: For the Anorexic -- Chapter Eleven: Hitting Bottom: I Need Help! -- Chapter Twelve: What Do I Do Now? -- Chapter Thirteen: First Things First: Stopping the Food -- Chapter Fourteen: Switching Addictions Chapter Fifteen: Freedom Tastes Great! - Finding Food Serenity -- Epilogue: A Happy Ending, One Day at a Time.
Sommario/riassunto	Overeating, binge eating, obesity, anorexia, and bulimia: Food Junkies Built around the experiences of people suffering and recovering from food addictions, Food Junkies offers practical information grounded in medical science, while putting a face to the problems of food addiction. It is meant to be a knowledgeable and friendly guide on the road to

food serenity.
