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tions, Salary
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~~your options)~~
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are
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~~Difference Drug How~~

~~Do Drug Addicts~~

~~Think How Long~~

~~Does Drug Control~~

~~Withdrawal Last~~

~~and What Helps?~~

~~(Opiates,~~

~~opioids, heroin,~~

~~alcohol, cocaine,~~

~~meth) Food The~~

~~Good Girls Drug~~

Food: A Good

Girl's Drug,

written by Sunny

Read Book

Food The Good

Girls Gold is a

novel about the unrecognized importance and escalation of binge eating disorders or 'BED'. The importance of this disorder is often overlooked because it's "not as glamorous as

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anorexia or How
bulimia.”
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Drug "Sunny Sea

To Stop Using

Gold is one of

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the best and most
compassionate
educators about
women's health
issues out
there. She is
especially
strong on the
emotional
underpinnings of

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health Drug How
conditions such
as eating
disorders and
obsessive
thinking about
body image that
have deep roots
in a gender
context.”—Naomi
Wolf, author of
the New York
Times
bestsellers The

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~~Food: the Good~~
~~Girl's Drug: How~~
~~to Stop Using~~
~~Food to ...~~

With humor and
compassion from
someone who's
seen it all,
Food: The Good
Girl's Drug is
about
experiences

Read Book
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Girls Drug How
shared by many
To Stop Using
women—whether
Food To Control
they've been
Your Feelings
struggling with
compulsive
overeating their
whole lives, or
have just
admitted to
themselves, that
yes, it's more
than just a bad
habit.

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Sunny Sea Gold

is the founder
of
HealthyGirl.org
, a support site
for young women
who emotionally
overeat, and the
author of Food:
The Good Girl's

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cover, however,
reads more
footloose fun
than self-h

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one recovered
binge eater's
attempt to

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inject some
sanity back into
the discussion
about food, body
image, and
overeating.

Sunny Sea Gold
started fighting
binge eating
disorder in her
early teens.

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~~Girl's Drug FREE~~

Food. "Drugs". A food "drug" is anything we eat that we have no control over.

Food is a "good girl drug." '°' I claim no gender bias; food can be the good guy drug too! Anyone who uses food to "medicate"

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Youmell.

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from the amazing
Naomi Wolf:
"Sunny Sea Gold
is one of the
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compassionate

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educators about
women's health
issues out
there. Anyone
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the emotional
roots of her (or
his) food or
body issues will
be enlightened
and helped by
Gold's clear,
well-informed,
evocative and

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that we have no
control over.
Food is a "good
girl drug." 'o' I
claim no gender

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bias; food can
be the good guy
drug too! Anyone
who uses food to
"medicate"
themselves,
medicate their
emotional ...

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this Book.

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Gold started How
fighting a binge
eating disorder
in her teens.

But most books
on the topic
were aimed at
older women,
women she had a
hard time
relating to.

Calling on top
psychiatrists,
nutritionists,

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and fitness experts, Sunny
To Stop Using
offers real
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advice to a new
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generation . . .

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relationship
with food....

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3.8, 31 Ratings.
\$8.99. \$8.99.
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relationship
that always
seems to be
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It's a love-hate

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that always
seems to be
spiraling out of
control. Food:

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Drug is one
recovered binge
eater's attempt
to inject some
sanity back into
the discussion
about food, body
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overeating. How
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started fighting
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disorder in her
early teens.

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With humor and
compassion,
Food: The Good

Read Book Food The Good Girl's Drug is about experiences shared by so many

women—whether they've been struggling for years, or have recently admitted to themselves that, yes, it's more than just a bad

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habit. About How
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Girl's Drug.
Bingeing,
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eating, food
addiction,
emotional
overeating—no
matter what you
call it, too
many women
wrestle day to
day with what

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they eat.
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Drug "Sunny Sea
Gold is one of
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compassionate
educators about
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especially
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underpinnings of
health
conditions such
as eating
disorders and
obsessive

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