



Breaking the Bonds of Food Addiction (a Psychology Today publication)

Susan McQuillan

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Finally, freedom from food addiction!

From Alpha Books and *Psychology Today* magazine comes expert advice that explains the whys and hows of food obsession and compulsive overeating. Readers will gain the background and tools needed to fashion a plan for happier, healthier living and help themselves out of compulsive overeating—starting right now. It also shows readers how to work out individual food issues, move beyond addiction, and maintain a healthy, lifelong relationship with food.

- More than 135 million Americans are estimated to be either overweight or obese
- American Journal of Clinical Nutrition reported that Americans spend nearly \$45 billion annually on weight-loss products and services and the American Dietary Association indicates that 65% of all women are currently dieting or plan to start a diet in 2004

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