



Tame Your Inner Fat Kid: How to Eat Healthy, Lose Weight, and End Food Anxiety Forever

Catherine Toops

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It is never too late to start taking better care of yourself.

Whether you're tired of diets that leave you hungry, need binge eating help, or are miserable in your own body, you have the power to change for the better- forever. Learning how to eat healthy and putting a stop to emotional eating habits doesn't have to be complicated.

This book contains simple, actionable tips designed to help you improve your relationship with food and your body so you can enjoy the fitness and freedom you deserve and make food stress a thing of the past.

You can lose weight without dieting. In fact- it will be easier to lose weight and maintain your weight loss if you never "diet" again!

As a fitness consultant and eating disorder survivor, I have been studying the relationship between mind and body for over ten years and I know from experience what it takes to change your body, your attitude, and your life.

I guarantee that applying these strategies will help you improve your fitness (without dieting or destroying your taste buds' will to live) and help you make bad eating habits (and the self loathing that comes with them) a thing of the past.

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Katherine Clark:

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