REVISED AND EXPANDED

"An important part of the growing movement to return women's bodies to their rightful owners."—Naomi Wolf

IT'S NOT ABOUT FOOD

End Your Obsession with Food and Weight



(G)

Carol Emery Normandi, MFT, and Laurelee Roark, CCHT Founders of Beyond Hunger, Inc.

Foreword by Jane R. Hirschmann and Carol H. Munter, authors of Overcoming Overcating

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