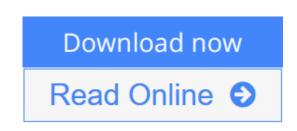


### Food: the Good Girl's Drug: How to Stop Using Food to Control Your Feelings

By Sunny Sea Gold



#### **Food: the Good Girl's Drug: How to Stop Using Food to Control Your Feelings** By Sunny Sea Gold

Sunny Sea Gold started 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, and fitness experts, Sunny offers real advice to a new generation fighting an age-old war. With humor and compassion from someone who's seen it all, Food: The Good Girl's Drug is about experiences shared by many women-whether they've been 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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## Food: the Good Girl's Drug: How to Stop Using Food to Control Your Feelings By Sunny Sea Gold Bibliography

- Sales Rank: #91988 in Books
- Brand: Unknown
- Published on: 2011
- Released on: 2011-04-05
- Original language: English
- Number of items: 1
- Dimensions: 8.21" h x .66" w x 5.43" l, .50 pounds
- Binding: Paperback
- 256 pages

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#### **Editorial Review**

#### About the Author

**Sunny Sea Gold** is a deputy editor at *Redbook* magazine and the former health editor of both *Glamour* and *Seventeen*. She is the founder of the online overeating support site www.healthygirl.org and lives in Brooklyn with her husband.

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