

**FOOD ADDICTION NO MORE: 21 DAYS TO CHANGE  
YOUR MIND ON OVEREATING FOR GOOD**

**Nickole Katlin Brickhouse**

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### **Food addiction - Wikipedia**

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Did you know that a single order of Outback Steakhouse cheese fries is 2, calories, or that a Starbucks venti mocha latte is calories? Motivational interviewing MI is a person-centered counseling style that grew out of the recognition that individuals with addictive disorders are often ambivalent about change and reluctant to give up their addictive behaviors [ 73 ]. January

Trymakingalistofthingsthattriggerovereatingandthencomingupwithway

Did you know that a single order of Outback Steakhouse cheese fries is 2, calories, or that a Starbucks venti mocha latte is calories? A guide to treatments that work.

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