



Food Guilt No More: Tame Your Cravings and Eat Your Way to Happiness

Lindsey Smith

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2015 Living Now Book Awards: Gold Medal winner - Health & Wellness category

Leave food guilt, worry, and calorie counting behind. In *Food Guilt No More*, Lindsey Smith--the Food Mood Girl--helps you uncover patterns of guilt and emotional eating that undermine your relationship with food and shows you how to replace guilt with love. Whether you crave kale or cookies, doughnuts or dinners out, you can savor your treats even as you break the negative cycle of food guilt, stress related and emotional eating once and for all. In the process, you'll discover mood-boosting foods that you'll love and that energize and sustain you. And because health transformation--overcoming food guilt, taming cravings, and eating your way to happiness--starts in the kitchen, more than 70 featured recipes fill your plate and kick-start your new, satisfying, and guilt-free way of eating with joy and love.

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