

# **Overcoming Overeating: Living Free In A World Of Food By Carol H. Munter;Jane R. Hirschmann**

**By Carol H. Munter;Jane R. Hirschmann**

as well as stories of others who've battled and overcome eating disorders. Overcoming Overeating: Jane R. Hirschmann and Carol H. Munter .

Overcoming Overeating 6 Recommended Reading: Annotated Bibliography. Eating Disorders: By Jane R. Hirschmann and Carol H. Munter, 2008

Jane Hirschmann and Carol Munter (1988). Overcoming overeating: Living free in a world of food. Hillel Schwartz (1986). Never satisfied:

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Jane R. Hirschmann, Author, Carol H. Hunter, Author, Carol H. Munter, With Ballantine Books \$19 (272p) ISBN 978-0-449-90407-7

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Overcoming Overeating by; Jane R to help overeaters to "live free in a world of food." Jane R. Hirschmann, M.S.W., and Carol M. Munter are psychotherapists

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Overcoming Overeating has 131 ratings and 14 reviews. Rebecca said: Read this book and like me, you will be sobbing uncontrollably over your buttered jam

Overcoming overeating: living free in a world of Hirschmann, Jane R.; Munter, Carol H. rather than compounded by mismanagement through compulsive overeating

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Nicole Nichols A certified personal trainer and fitness instructor with a bachelor's degree in health education, Nicole loves living a healthy and fit lifestyle and

Overcoming Overeating? Do you have any advice for overcoming eating disorders - including compulsive overeating?

amsuign, good before bed reading to escape into another world) OVERCOMING OVEREATING: Living Free in a World of Food" by Jane R. Hirschmann & Carol H. Munter.

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