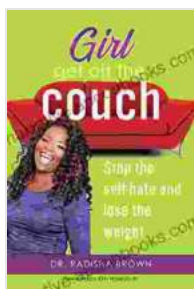


# Stop the Self-Hate and Lose the Weight: A Revolutionary Guide to Healing Your Relationship with Food and Body Image

If you're struggling to lose weight, it's likely that self-hate is playing a major role. Self-hate can lead to a number of unhealthy behaviors, such as emotional eating, binge eating, and yo-yo dieting. These behaviors can make it difficult to lose weight and keep it off.



## Girl, Get Off the Couch: Stop the Self-hate and Lose the weight by Dr. Radisha Brown

★★★★☆ 4.6 out of 5

Language : English  
File size : 1006 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 119 pages  
Lending : Enabled  
Screen Reader : Supported



The good news is that it's possible to stop the self-hate and lose the weight. This book will provide you with a revolutionary guide to healing your relationship with food and body image, so you can finally stop the self-hate and lose the weight.

### In this book, you will learn how to:

- Identify the root causes of your self-hate

- Develop a positive body image
- Create a healthy relationship with food
- Break free from emotional eating and binge eating
- Lose weight and keep it off

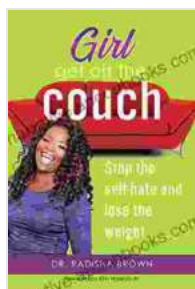
This book is more than just a diet plan. It's a complete guide to healing your relationship with food and body image. If you're ready to stop the self-hate and lose the weight, this book is for you.

## About the Author

The author is a registered dietitian and certified eating disorder specialist. She has helped thousands of people lose weight and improve their relationship with food and body image. She is passionate about helping people overcome self-hate and live a healthy, happy life.

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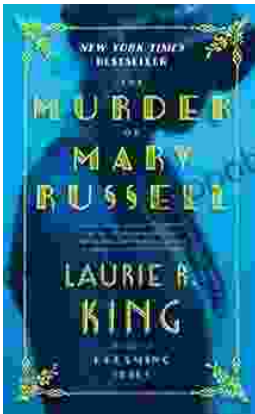
This book is available in paperback, ebook, and audiobook formats. Free Download your copy today and start healing your relationship with food and body image.



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