



# Beating a Food Addiction: How to Feel Good About Yourself and Your Life

*Gail Kasper*

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## **Beating a Food Addiction: How to Feel Good About Yourself and Your Life** Gail Kasper

Statistics show that anorexia, bulimia, and binge eating have doubled since the 1960s. A food addiction, like any other addiction, can overtake a person's life as he or she struggle to escape an out-of-control existence. As a teen, Gail Kasper fought a secret battle with the food addiction, bulimia.

Hear her story and how she won this battle, having taken her life from a place of no self-esteem to becoming a complete and totally empowered person. Her five-step process will give you the practical tools to achieve personal contentment and a new way of living.

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