



Life is Hard, Food is Easy: The 5-Step Plan to Overcome Emotional Eating and Lose Weight on Any Diet

Linda Spangle

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Linda Spangle, founder and director of the highly successful WINNERS for Life wellness and weight-loss clinic, offers hope to those who want to take control over their eating habits and lose weight for good. *Life Is Hard, Food Is Easy* will completely change the way you think about food, giving you a powerful strategy for conquering your emotional eating habits and achieving lasting weight-loss success. With Spangle's approach, you can succeed on any diet. Without it, most diets are doomed to fail. Using specific guidelines, each step in Spangle's 5-step plan involved answering a question related to the connection between food and emotions.

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