



## **W.A.I.T.loss: The Keys to Food Freedom and Winning the Battle of the Binge**

*Wendy Hendry*

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Do you know what it's like to "feel fat"?

Do you beat yourself up when one bite of cookie dough turns into eating the whole batch?

Have you dieted yourself into a larger dress size?

Are you frustrated because hours of exercise have produced zero results?

If you have answered yes to any of these questions, you are not alone. Studies show that 75% of women suffer from an unhealthy relationship with food. The good news is there is hope.

W.A.I.T.loss: The Keys to Finding Food Freedom and Winning the Battle of the Binge is about Wendy Hendry's journey to recovery from 35 years of dieting and bingeing. Like many others stuck in their own cerebral food prison, Wendy dieted and binged her way into obesity.

Learning the keys to physical and mindful health that she shares in her book, Wendy was able to heal her body as well as free her mind. Now a certified Health Coach and Fitness Trainer, Wendy's W.A.I.T. (What Am I Thinking?) and Click approach to recovery has helped hundreds of others find that same freedom. Weight loss should be a natural consequence of healthy living. This book will help you find that.

W.A.I.T.loss: The Keys to Finding Food Freedom and Winning the Battle of the Binge is the perfect combination of storytelling, common sense, humor and scientific proof that recovery is possible.



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### **From reader reviews:**

#### **Hannah Norton:**

This W.A.I.T.loss: The Keys to Food Freedom and Winning the Battle of the Binge book is absolutely not ordinary book, you have it then the world is in your hands. The benefit you will get by reading this book will be information inside this guide incredible fresh, you will get facts which is getting deeper anyone read a lot of information you will get. This particular W.A.I.T.loss: The Keys to Food Freedom and Winning the Battle of the Binge without we know teach the one who reading through it become critical in pondering and analyzing. Don't be worry W.A.I.T.loss: The Keys to Food Freedom and Winning the Battle of the Binge can bring once you are and not make your handbag space or bookshelves' turn into full because you can have it inside your lovely laptop even cell phone. This W.A.I.T.loss: The Keys to Food Freedom and Winning the Battle of the Binge having excellent arrangement in word and layout, so you will not really feel uninterested in reading.

#### **Raymond Langford:**

The book untitled W.A.I.T.loss: The Keys to Food Freedom and Winning the Battle of the Binge is the book that recommended to you to learn. You can see the quality of the reserve content that will be shown to you. The language that writer use to explained their way of doing something is easily to understand. The article writer was did a lot of analysis when write the book, to ensure the information that they share to you personally is absolutely accurate. You also could possibly get the e-book of W.A.I.T.loss: The Keys to Food Freedom and Winning the Battle of the Binge from the publisher to make you far more enjoy free time.

#### **Virginia Hause:**

This W.A.I.T.loss: The Keys to Food Freedom and Winning the Battle of the Binge is great book for you because the content which can be full of information for you who always deal with world and get to make decision every minute. That book reveal it information accurately using great plan word or we can declare no rambling sentences within it. So if you are read that hurriedly you can have whole data in it. Doesn't mean it only provides straight forward sentences but challenging core information with lovely delivering sentences. Having W.A.I.T.loss: The Keys to Food Freedom and Winning the Battle of the Binge in your hand like finding the world in your arm, details in it is not ridiculous a single. We can say that no guide that offer you world within ten or fifteen second right but this book already do that. So , this really is good reading book. Hey Mr. and Mrs. occupied do you still doubt in which?

#### **Barbara Rubio:**

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