



Breaking the Food Seduction: The Hidden Reasons Behind Food Cravings---And 7 Steps to End Them Naturally

Neal D. Barnard, Joanne Stepaniak

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Cure Your Food Cravings Once and For All

If sweets and high-fat foods are sabotaging your efforts to lose weight and get healthy, Dr. Neal Barnard has the solution to conquering your food addictions. Backed up by scientific research, *Breaking the Food Seduction* explains that your biochemistry, not your lack of willpower, is the problem. Dr. Barnard reveals the simple dietary and lifestyle changes that can break the stubborn cycle of cravings and make you free to choose healthy and tasty foods that can help to you lose weight, lower cholesterol, and improve your overall health.

Featuring a 3-week kickstart plan and 100 delicious, satisfying recipes

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