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The Hungry Ghost: How I Ditched 100 Pounds and Came Fully Alive

By Gay Norton Edelman

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Paperback. 106 pages. Dimensions: 8.8in. x 6.0in. x 0.4in. There is an answer to the emotional, physical and spiritual horrors of food addiction. The Hungry Ghost is based on Gay Norton Edelman's own personal victory over food addiction and obesity. Combining her training as a journalist focusing on psychological and spiritual problems, and her years of mentoring food addicts and compulsive overeaters, Gay spells out the solutions to eating insanity in clear, warm, realistic, no-holds-barred terms. Included: Her 5 step Feed-the-Hunger Plan. It works if you work it! This item ships from La Vergne, TN. Paperback.



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Reviews

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