



# Food Addiction: Healing Day by Day: Daily Affirmations

*Kay Sheppard*

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Millions of dollars are spent each year on weight-loss products, mostly the result of futile attempts to correct an underlying and misunderstood problem: food addiction.

Since beginning her own recovery from food addiction in 1977, Sheppard has helped thousands of people live healthy lives by following her comprehensive program. The crux the program's success is the Recovery Food Plan, which effectively eliminates cravings for sugar, carbohydrates, caffeine and personal trigger foods, which not only add unwanted pounds, they literally wreak havoc in the body.

*Food Addiction: Healing Day by Day* appropriately begins on January 1, a time when most people are looking to shed unwanted holiday pounds and begin a healthier lifestyle. Each daily entry includes an affirmation for readers to focus on as well as a point of reflection, and offers an insightful message from Sheppard as someone who's "been there", helping them to:

- Overcome emotional barriers to recovery
- Avoid people who sabotage recovery efforts
- Recognize and prevent relapse
- Stay motivated, especially during challenging times

At the end of each week, Sheppard poses thought-provoking questions to ensure that readers stay honest to the plan, keep their emotions in check, and avoid destructive behaviors. Sprinkled throughout are helpful "stress busters" and real-world tips to help readers achieve success.

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