



Food Junkies: The Truth About Food Addiction

By Vera Tarman

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Drawing on her experience in addictions treatment, and on many personal stories of addiction and recovery, Dr. Vera Tarman offers practical advice for people struggling with problems of overeating, binge eating, anorexia, and bulimia. *Food Junkies* is a friendly and informative guide on the road to food serenity.

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Editorial Review

Review

For all those who have struggled with weight loss and failed, here is a wise book that applies the addiction model to food. Tarman tackles the neurobiology of pleasure and the epidemic of obesity, and makes sense of both. With a no-nonsense approach, Tarman offers a thoughtful, groundbreaking exploration of a subject that plagues the majority of readers. (*Ann Dowsett Johnston, author of the bestselling Drink: The Intimate Relationship Between Women and Alcohol*)

Are you one of those people who thinks food addiction isn't real? Then you might be what Dr. Vera Tarman describes in her new book as a Food Junkie! I was addicted to sugar and other processed carbohydrates over a decade ago and found my way back to health and recovery thanks to some basic lifestyle changes that made me whole again. Dr. Tarman walks you through all the necessary steps to make that happen for you too. Addiction is real, but it's not inevitable. Grab back control of your health NOW!" **Jimmy Moore**, author of *Cholesterol Clarity* and *Keto Clarity* and creator of the *Living the Vida Low Carb* blog: www.livinlavidalowcarb.com/blog

About the Author

Vera Tarman is a medical practitioner who focuses on addictions. She is the medical director of Renascent, an addictions treatment centre. Dr. Tarman conducts workshops and speaking engagements on the science of food addiction and “comfort food” abuse. She has reached audiences across the world. She lives in Toronto.

Phil Werdell is a recovering food addict, a social work clinician, and an educator. He is the primary organizer of the Food Addiction Institute and the International Society of Food Addiction Professionals, and is Director of ACORN's Professional Training Program. Phil currently teaches Addictions Studies at Springfield College, School of Human Services, Tampa. He lives in Florida.

Users Review

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Breanne Gardner:

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Robin Lawrence:

This Food Junkies: The Truth About Food Addiction is great guide for you because the content that is full of information for you who else always deal with world and possess to make decision every minute. This kind of book reveal it facts accurately using great coordinate word or we can point out no rambling sentences inside it. So if you are read this hurriedly you can have whole facts in it. Doesn't mean it only provides straight forward sentences but challenging core information with splendid delivering sentences. Having Food Junkies: The Truth About Food Addiction in your hand like having the world in your arm, info in it is not ridiculous 1. We can say that no publication that offer you world within ten or fifteen small right but this book already do that. So , this is certainly good reading book. Hey there Mr. and Mrs. stressful do you still doubt in which?

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