

"Clear, well-informed, evocative, and caring."

—NADMI WOLF

# food: the good girl's drug

How to Stop Using Food to Control Your Feelings



**Sunny Sea Gold**

Founder of [HealthyGirl.org](http://HealthyGirl.org)

Sunny Sea Gold

# Food: the Good Girl's Drug: How to Stop Using Food to Control Your Feelings



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Bingeing, compulsive eating, meals addiction, emotional overeating—s Drug is a single recovered binge eater'whether they's a love-hate relationship that always seems to be spiraling out of control. Food: THE NICE Girl'no matter what you contact it, too many women wrestle daily using what they eat.s a lot more than only a bad habit. How about the girls who discovered themselves using almost all their roommate' But books on this issue were often aimed at housewives with kids and a white picket fence, women she had a hard time relating to.Sunny Ocean Gold started fighting binge eating disorder in her early teenagers.s peanut butter, nibbling from the task refrigerator, or hiding a stash of chocolate from boyfriends, and were too ashamed to say anything? ve been struggling for a long time, or have recently admitted to themselves that, yes, it' With humor and compassion, Food: THE NICE Girl's Drug is about experiences shared by so many women— It' Contacting top mental health professionals, nutritionists, and fitness specialists, Sunny offers real suggestions to a new generation fighting an age-old battle.s try to inject some sanity back to the discussion about food, body image, and overeating.



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Unless you have a bingeing disorder I still recommend this book I did this book within a book golf club. I found this dissimilar to O. I gained some insight into other issues I had regarding food and it certainly made me think! THE VERY BEST Book of Binge Eating Disorder I've Read I really like this book. It's the best resource for individuals who struggle with BINGEING Disorder (BED). This book has been my first rung on the ladder to conquer my eating problems. This book is compiled by a woman who would like to share her tale and the various tools she used to conquer her BED. As you read this you will not feel only in your struggle. Awesome book. The various tools Gold gives are spot on. Papa John. Five Stars Excellent Not only carry out you get personal testimonies, but you will hear from leading feeding on disorder experts in this book as well. I recommend it if you are having a similar struggle. I believe it could have opened my eye. For those two text messages that I acquired from this book. Good Read This book contains info that basically hit home for me. As a masters college student in counseling I could say that her methods and equipment the same ones used in CBT, DBT, and Action therapies. I would recommend! Readable, well written and lots of personal stories. This book helped save me from myself. Its very helpful for anyone needing help with binge/eating issues of most sorts. I would recommend!! Awesome Read - really helped When you have a problem with your weight you life time and you just don't know how to proceed anymore, read this - particularly if you binge eat. If you don't have a binge eating disorder I still highly recommend this book. A since it was very particular to bingeing disorder. Gives me hope This book is very honest about thinking and feeling of individuals who live with eating disorder. It's easy to relate with, and the book is split into helpful sections. Nonetheless it did give me hope when I experienced like giving up. This book is amazing. A real eye opener! Would recommend for anyone who's ever consumed peanut butter by the spoonful or spent an evening only with Ben & I believe it is really worth the purchase price. Nobody says you have to do this alone. The other important message that you ought to seek help. It was recommended if you ask me and I am acquiring a new outlook for people with disordered eating habits and also more grace and understanding toward my own disordered eating. So helpful. I've been fighting bingeing disorder and bulimia for the past year. There are therefore many books out there for anorexia recovery and bulimia recovery, but so few for BED victims. I won't say that book give me the reply of how to cure eating disorder. Brilliant book for anyone struggling with food issues Brilliant book for anyone fighting food issues! Writing style was simplistic, but do it's duty. BED (and any eating disorder) could be incredibly isolating, so reading the stories of real ladies with BED in this book helps break off shame. I wish I had examine this when I was a teenager. Simply written, but well-written. A bit simplistic, but tales were helpful Nice to hear other's tales. It wasn't anything fresh or astounding, just comforting to read. Really good to know I'm not alone. Four Stars It's wroth picking this up and reading it carefully. Jerry & Great read for someone fighting weight problems. The book is formatted well so chapters alternate between stories, the authors personal testimony and research, and tools.



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