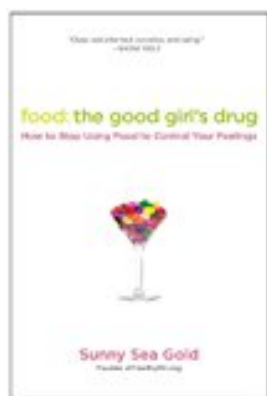


# [PDF] Food: The Good Girl's Drug: How To Stop Using Food To Control Your Feelings

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Language:  
Pages: 256  
ISBN: 0425239039  
ISBN13: 978-0425239032  
ASIN: 0425239039

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**About the Author** Sunny Sea Gold is deputy editor at Redbook and former health editor at Glamour and Seventeen.

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