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I'm certainly eating better - I hardly ever eat random cakes or biscuits any more, which I used to eat almost compulsively if they were around. I'm snacking less in general. I'm not following any particular food plan other than 'eat less; eat more healthily'. I have just ordered one of those recipe books by Dr Whatsisname so may use that for ideas.

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Eating Less: Say Goodbye to Overeating: Riley, Gillian ...
• eat what you intend and no more. Control strengthens self-esteem and trust in oneself, and this method in particular lifts feelings of deprivation, compulsion and obsession with food – to bring an end to your struggle with food and weight. You could begin by reading one of my books or listening to my 1-hour audio.

Eating Less – The alternative to dieting
Gillian Riley "Eating Less - Say goodbye to overeating" I would like to start a discussion about this book. It is a genius overview of what makes people overeat and very effective methods of how to stop this behaviour, it's not what you've heard before and not something you could just guess at without reading the book, but I can say, it works and NOTHING worked for me before, just the usual ...

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