



Conquer Your Food Addiction: The Ehrlich 8-Step Program for Permanent Weight Loss

Caryl Ehrlich

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"If you struggle with compulsive eating, here is my promise to you: I will show you how to lose your excess weight and keep it off permanently -- but only if you are ready to make a serious commitment."

-- Caryl Ehrlich

Nobody can successfully cajole, argue, or prod another person into shedding those excess pounds. It just doesn't work. The commitment has to come from within. But if you are ready to go for it, the Ehrlich 8-step program for permanent weight loss is a godsend. It is not a diet. It does not tell you what foods you must eat or which ones to avoid. There is no need to count the calories, fat grams, or carbohydrates you consume. The perfect solution for compulsive eaters, it is a behavioral approach to weight loss that teaches you how to change habits to overcome food addiction. Caryl Ehrlich, a former compulsive eater, developed this program twenty-six years ago for herself and has taught it to participants in her program with successful results for twenty years.

As Ehrlich observes, no deprivation diet will work for food addicts, because they use food the way other addicts use drugs or alcohol: not to satisfy physical hunger but to stuff down painful feelings -- loneliness, anger, boredom, sadness, and the like -- with a never-ending conveyor belt of food. "If you're eating for physical satisfaction, you don't really need to eat very much. But if you're eating to narcotize, you could back up a truck full of food to your home or office and it still wouldn't be enough."

Conquer Your Food Addiction shows you how to develop the skills necessary to approach food in a new way, and learn how to distinguish physical hunger from emotional hunger. The program explains the trickiness of addiction so that overeaters become aware of their unconscious, ritualized eating habits and awaken to a new, realistic relationship with food. Binge eating, guilt, and anxieties about food and body image will be dramatically lessened as understanding increases. Using original concepts and easy assignments, this proven program retrains the thought process so you see food in a new, better, and healthier way.

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