



Beyond Temptation: How to stop overeating and feel normal and in control around food

Audrey Boss, Sophie Boss

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In *Beyond Temptation* Sophie and Audrey Boss offer a radical alternative to the tried and tested methods used to combat overeating which either encourage women to rely on willpower alone, or legitimise overeating by providing lists of 'free foods' on which women are actively encouraged to binge.

This book doesn't rely on NLP, CBT or life coaching techniques, but instead draws on the authors' own experiences as two overweight and unhappy overeaters and their ten years of experience working with thousands of failed dieters in the 'Beyond Chocolate' workshops and the successful techniques used in their newly established 'Stop Overeating' workshops to offer women a practical, sustainable approach to stopping overeating and achieving long term weight loss.

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