

### **heal your hunger 7 pdf**

Tricia is also a certified coach, speaker and contributing author of Recover to Live and 101 Great Ways to Improve Your Health, and her new book, Heal Your Hunger: 7 Simple Steps to End Emotional Eating Now is available through Amazon. Tricia is the host of the Heal Your Hunger Show.

### **Heal Your Hunger with Tricia Nelson**

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Get To Know Tricia. Tricia Nelson is an internationally acclaimed author, transformational speaker and emotional eating expert. She has been featured on dozens of radio and television networks, including FOX, NBC, CBS, KTLA and Discovery Health.

### **About - Heal your Hunger**

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### **Heal Your Hunger: 7 Simple Steps To End Emotional Eating**

It's time to heal your relationship with food. This 7 step system will help you address and heal the underlying causes of your emotional eating.

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