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The Binge Code: 7 Unconventional Keys to End Binge Eating ...

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The seven Binge Traps are: 1. The Diet Trap 2. The Yo-Yo Blood Sugar Trap 3. The Nutritional Deficiency Trap 4. The Habit Trap 5. The Food Rules

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Trap 6. The False Friend Trap 7. The Inner Critic Trap. If you binge on food, chances are all seven traps will apply to you.

Binge Code Book - Binge Code

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