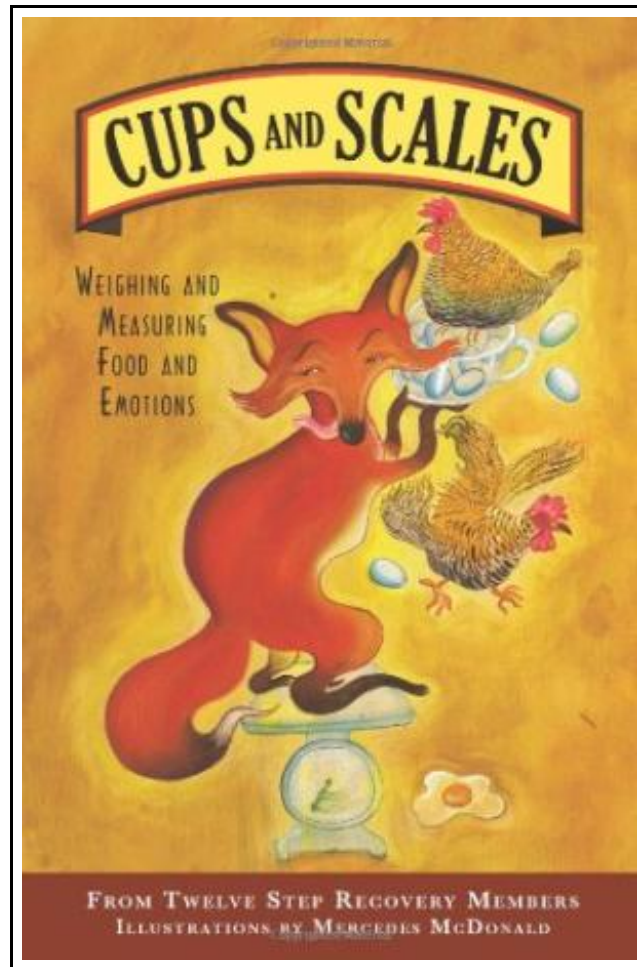


## Cups Scales: Weighing Measuring Food Emotions (Paperback)



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### **Reviews**

*Basically no words to clarify. Of course, it is perform, still an amazing and interesting literature. Its been printed in an exceptionally basic way which is only soon after i finished reading through this ebook where actually altered me, change the way i really believe.*

*(Newton Runolfsson)*

## CUPS SCALES: WEIGHING MEASURING FOOD EMOTIONS (PAPERBACK)



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Partnerships For Community, Inc, United States, 2011. Paperback. Book Condition: New. Mercedes McDonald (illustrator). 211 x 137 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Cups Scales is an inspirational picture book with text and illustration used by members of Overeaters Anonymous and others with eating disorders, about weighing and measuring food and emotions, plus information to contact people and groups who weigh and measure food, including people in Compulsive Overeaters Anonymous-HOW; Cups Scales Forum; Food Addicts Anonymous; Food Addicts: The Body Knows Online Discussion Group; Greysheeters Anonymous; Overeaters Anonymous HOW and 90-Day meetings; and Recovery from Food Addiction. Contacts are willing to be your phone buddy or to sponsor you. You get access to phone meeting numbers, websites, and email addresses to contact people who weigh and measure. This serious picture book with humor will delight. The artist Mercedes McDonald works in true concert with the editors to create a picture book that gently instructs. Like Aesop's Fables, the attitudes of the cups and scales strike lightning quick insights. They show the trickery we can play and the shifting thoughts that can lead toward or away from right action - with food and with life. Cups Scales does for the problem eater what the popular Stools Bottles does for the alcoholic. It looks at the attitudes. The cups and scales are characters; the illustrations are in full color. Over the years a practice has grown up where many people weigh and measure their food as part of a personal plan of recovery from compulsive overeating, food addiction, anorexia, bulimia, emotional eating and other eating disorders. There are many women and men recovering who DO NOT weigh and measure their food. The authors take no position on weighing and measuring food. There are many strong feelings about it. This book is neither endorsed by nor sponsored by any organization. Here you will learn about weighing and measuring food and emotions. It is...



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