

**FROM THE FIRST BITE: A COMPLETE GUIDE TO  
RECOVERY FROM FOOD ADDICTION**

**Philip Stitz**

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### **Recommendations - Dr. Lisa Ortigara Crego**

Renowned therapist, eating disorder specialist and recovering food addict Kay Sheppard helps countless individuals win their battles over food addiction- people.

### **From the First Bite: A Complete Guide to Recovery from Food Addiction - Kay Sheppard**

Renowned therapist, eating disorder specialist and recovering food addict Kay Sheppard helps countless individuals win their battles over food.

### **From the First Bite by Sheppard, Kay**

Expert Kay Sheppard will help you stop it. From the First Bite: A Complete Guide to Recovery from Food Addiction () by Kay Sheppard.

Renowned therapist, eating disorder specialist and recovering food addict Kay From the First Bite. A Complete Guide to Recovery from Food Addiction.

Anatomy of a Food Addiction by Anne Katherine; Food Addiction: The Body Knows by Kay Sheppard; From the First Bite: A Complete Guide to Recovery from .

Families of Alcoholics: A Guide to Healing & Recovery, Nuechterlein, Anne Marie .. From the First Bite: A Complete Guide to Recovery from Food Addiction.

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I just loved it. The book explains how to avoid the physiological and situational triggers that lead to relapse; how to confront the emotional issues behind food cravings; how to establish a balanced food plan that eliminates cravings; and how to avoid hidden dangers in cleverly packaged foods. I found this book to be an excellent source for recovery. I have an eating disorder and this book is helping understand the disorder and get on a better eating plan. Used - Like New. I cannot stay abstinent, clean and sober by putting anything before spiritual growth. I also didn't read all the twelve step information in depth, since I just finished the First Bite: