

## Trigger Foods: What Foods Are Holding You Back? (Paperback)



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*(Ms. Kellie O'Hara I)*

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. A trigger food is any food that causes you to overeat. For me this includes pizza, nuts, Oreo s, cake, brownies, sweets, and chips and salsa. I can t just have one. The goal of Trigger Foods is to help people recognize foods that make them overeat. Once those foods are recognized we show you how to control the urge to eat them and how to lose weight or maintain your current fitness level.



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