



Losing Your Pounds of Pain

Doreen Virtue

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Through therapeutic work with hundreds of clients, Dr. Virtue, a psychotherapist specializing in eating disorders, came to understand how various degrees of emotional and physical abuse caused her clients to turn to food for comfort, security, and even self-punishment. Although many were convinced that once they lost their excess weight, their pain would be over, just the opposite was actually true: First they had to lose their pain, then their weight would leave them! Through visualization, affirmations, imagery, meditation, and healthful eating and exercise habits, Dr. Virtue shows you how you can break the damaging connection between emotional pain and overeating to uncover your true, natural self by shedding the false skin of unhappiness.

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