

For Immediate Release:

# **New Book Addresses Controlling Compulsive Overeating Once and For All**

## **Desserts Is Stressed Spelled Backwards**

(Santa Barbara, California) *Desserts Is Stressed Spelled Backwards*, the new book by psychotherapist Gloria Arenson, a nationally recognized expert in the field of compulsive behaviors and eating disorders addresses the widespread problem of compulsive overeating through new scientific understandings. In this revolutionary book, Arenson shows that it is not just a bad habit, but also a way of dealing with Super Stress resulting from past and present life stress issues.

In her new book, Arenson offers a proven Four Level program to overcome chronic overeating and bulimia, and in addition, she presents several revolutionary techniques for maintaining a life free from these self-defeating behaviors.

The author relates the real-life stories of people who have successfully overcome their inability to control their cravings.

*Desserts Is Stressed Spelled Backwards* answers these questions:

- ◆ What does the neurobiology of the brain have to do with cravings?
- ◆ What are the six steps of a binge?
- ◆ Why do diets hurt overeaters more than they help?
- ◆ Why do most dieters gain their weight back within three years?
- ◆ Can compulsive eaters really learn to eat one and stop?
- ◆ How do energy psychology techniques eliminate this problem?
- ◆ What can family and friends of overeaters or bulimics do to help?

*Desserts Is Stressed Spelled Backwards* offers a new and practical approach to this timeless topic that speaks to overeaters who have lost and gained weight many times and are ready to give up. The book includes a complete arsenal of tools, tips, anecdotes and advice for those who are affected by this compulsive problem.

Gloria Arenson, MS, MFT, is an internationally renowned psychotherapist, teacher and writer. She is the author of *How to Stop Playing the Weighting Game*, *Born to Spend*, *Freedom At Your Fingertips*, *EFT For Procrastination*, and the award winning *Five Simple Steps to Emotional Healing*. Ms. Arenson has been featured on many national and international television and radio talk shows.

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