

**Stop Eating Your Heart Out: Digital Workbook: The
21-Day Program To Free Yourself From Emotional
Eating**

By Meryl Hershey Beck



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<http://verratjournal.biz/post/binge-eating-compulsive-overeating-workbook/>

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<http://www.bookfeeder.com/pdfbook/stop-eating-your-heart-out.pdf>

Creator of SourceTapping at Meryl Hershey Beck, Author, Stop Eating Your Heart Out 21-Day to Free Yourself from Emotional Eating Tucson, Arizona Area

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