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Why We Overeat and How to Stop

Psychotherapist explains how to conquer overeating once and for all

McMurray, Pennsylvania—In a world overrun with information on dieting and weight management, *Why We Overeat and How to Stop* is a new book that has something unique and useful to say. The author uses basic brain science—explained in relatable, everyday terms—to show why most of us continue to overeat despite desperately wishing we could stop, and why our efforts at change so seldom stick. She shows readers what *does* work and why, offering practical and effective strategies for dealing with the familiar food challenges that we all face.

Elizabeth Babcock, LCSW, the author of *Why We Overeat and How to Stop*, is well-positioned to understand both the problem and its solutions. A psychotherapist since 1989, she struggled with her own overeating for 37 years but has maintained comfortable balance with food since 2001. In 2004, she began specializing in psychotherapy with others who still struggle, and has dedicated herself since that time to understanding why this happens to so many of us and what we can do to change it. She has conducted dozens of community education seminars for the general public, in addition to private training sessions for local healthcare organizations. She can be reached at www.elizabethbabcock.com and on Facebook.

Why We Overeat and How to Stop is available for individual purchase at Amazon.com. If you would like to discuss quantity purchases at special rates, you can contact Ms. Babcock directly by calling (724) 941-1940 or faxing (724) 941-1943.

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