



# Losing Your Pounds of Pain

By Doreen Virtue



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This title helps break the link between abuse, stress, and overeating!



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## **Losing Your Pounds of Pain By Doreen Virtue Bibliography**

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## **Editorial Review**

From Library Journal

In this short, easy-to-read book aimed primarily at women, the author writes from her own experience as an abused wife and compulsive overeater, as well as her experience counseling clients with the same problems. Virtue (*Yo-Yo Syndrome Diet*, HarperCollins, 1989) believes that overeating is the result of emotional emptiness, an emptiness that must be addressed in therapy rather than through a focus on diet or food intake. She touts her own success with the self-talk procedures she outlines, describing herself thus: "I am a Ph.D. with four college degrees in psychology, a best-selling author, have appeared on many national talk shows, have a wonderful relationship, [and] a healthy and attractive figure." While not all readers may be able to use such credentials in their own therapy, librarians should anticipate many requests for this book following Virtue's appearances on daytime talk shows.

*Nina Wikstrom Aguilar, Harris Computer Systems, Melbourne, Fla.*

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### About the Author

Doreen Virtue is a best-selling author and doctor of psychology who works with the angelic realm. She has appeared on Oprah, The View, Good Morning America, CNN, and other programs; she presents workshops around the world; and she has a call-in talk show on HayHouseRadio.com®.

## **Users Review**

### **From reader reviews:**

#### **Raul Warren:**

Your reading 6th sense will not betray you, why because this *Losing Your Pounds of Pain* e-book written by well-known writer who knows well how to make book which might be understand by anyone who also read the book. Written inside good manner for you, still dripping wet every ideas and producing skill only for eliminate your hunger then you still uncertainty *Losing Your Pounds of Pain* as good book not simply by the cover but also by content. This is one book that can break don't evaluate book by its protect, so do you still needing yet another sixth sense to pick this specific!? Oh come on your examining sixth sense already said so why you have to listening to yet another sixth sense.

#### **Donnie Matthews:**

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