



Shades of Hope: How to Treat Your Addiction to Food

By Tennie McCarty

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Shades of Hope: How to Treat Your Addiction to Food By Tennie McCarty

There are millions of people who bounce from one diet to another with no understanding of the link between emotional eating (compulsive overeating) and not being able to keep off the weight. Author Tennie McCarty was herself an overeater, food addict, and bulimic. Tennie believes that food addiction is a physical and mental problem with a spiritual solution. Tennie confronted her addictions to unhealthy relationships, food, work, and was finally able to find the one thing we all ultimately crave—serenity. In her work with clients, Tennie helps them uncover why they yo-yo diet, why they compromise their health with a diseased relationship to food, why their uncontrollable need for control has left them feeling broken, and what it is about their past or present that leads them to seek comfort in the oscillating consumption and restriction of food. As Ashley Judd, a former patient says, “Because if there was hope for Tennie McCarty, there was hope for me.”

Using her trademark humor, in *Shades of Hope* Tennie offers real-life solutions and a step-by-step program that teaches you how to let go of the bad feelings that have imprisoned you and the never-ending cycle of diets, binges, negative behaviors and broken promises.

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Editorial Review

Review

“Tennie’s book provides a way out for those who live the hell of having food as their master. There have been thousands of books written on the subject, which tells us that no one has gotten it right yet. It seems Tennie has. Her model represents a practical, ‘no-nonsense,’ loving, and, very importantly, experiential approach.... This book gives the reader everything they would need to be successful.” —Ted Klontz, Ph.D.

“...this book will touch on you and change your life. Whether struggling with stuff like food, relationships, shopping, or bottom-basement self-esteem, Tennie shows you how to interrupt the blame, shame and guilt to find your inner good-good self, whatever that may be. The only question now is: Are you ready for her? I hope so. Here’s to that hope . . . in every shade you find it!”—Brad Lamm, Addictions Specialist

“...Tennie has given a miraculous gift to us all, she has brought *Shades of Hope* to us. It is my prayer and my wish that everyone out there dealing with obesity, eating disorders, any kind of addiction will open this book and begin their healing....” —Ruby Gettinger, star of The Style Network’s Emmy-Nominated hit reality TV show *Ruby*, and producer; author of *Reflections on All I’ve Lost and Gained*

About the Author

As the Founder, CEO and co-owner of *Shades of Hope* Treatment Center, Tennie McCarty brings over thirty years of combined professional and personal insight to the treatment of compulsive overeating, bulimia, anorexia, and other addictive disorders. She is a licensed counselor in chemical dependency, alcohol and drug addiction, and eating disorders. She is also a Certified Addictions Specialist. In 1987, she and a partner founded *Shades of Hope*. Tennie speaks several times each year to professional groups throughout the country. In recovery herself and the mother of a recovering anorexic, Tennie has a unique insight into the nature of disordered eating.

Users Review

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Jeffery Chavis:

The book untitled *Shades of Hope: How to Treat Your Addiction to Food* contain a lot of information on that. The writer explains the girl idea with easy method. The language is very straightforward all the people, so do definitely not worry, you can easy to read it. The book was compiled by famous author. The author gives you in the new era of literary works. It is possible to read this book because you can read more your smart phone, or program, so you can read the book in anywhere and anytime. If you want to buy the e-book, you can wide open their official web-site along with order it. Have a nice read.

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