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Book information

Authors: Jackie Freitag
Title: Mein größtes Geschenk – Meine Essstörung
Subtitle: How I ended the battle with my body and food after 13 years

Short text:

Jackie Freitag fought against her body and her eating habits for over 13 years. In this book, she describes her profound experiences with constant attempts at dieting, binge eating, anorexia, bulimia, and compulsive exercise, and impressively tells how she finally managed to make peace with herself and her body.

Jackie Freitag has been following her heart's calling for several years now: In her successful online coaching program "Soulfood," she accompanies women on their way back to a self-determined life. In this book, she combines all her knowledge from her own experience and her work experience with thousands of women.

The book is intended to give courage and hope to those who are affected by eating disorders. It intends to give them support in giving up the fight against themselves and to accompany them on their way toward a peaceful life.

Categories: Guide Health & Nutrition