



Food: the Good Girl's Drug: How to Stop Using Food to Control Your Feelings

By Sunny Sea Gold



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Food: the Good Girl's Drug: How to Stop Using Food to Control Your Feelings By Sunny Sea Gold

Sunny Sea Gold started fighting a binge eating disorder in her teens. But most books on the topic were aimed at older women, women she had a hard time relating to. Calling on top psychiatrists, nutritionists, and fitness experts, Sunny offers real advice to a new generation fighting an age-old war. With humor and compassion from someone who's seen it all, Food: The Good Girl's Drug is about experiences shared by many women-whether they've been struggling with compulsive overeating their whole lives, or have just admitted to themselves, that yes, it's more than just a bad habit.



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Editorial Review

About the Author

Sunny Sea Gold is a deputy editor at *Redbook* magazine and the former health editor of both *Glamour* and *Seventeen*. She is the founder of the online overeating support site www.healthygirl.org and lives in Brooklyn with her husband.

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