



## Cups Scales: Weighing Measuring Food Emotions (Paperback)

By Anonymous Twelve Step Recovery Members

Partnerships For Community, Inc, United States, 2011. Paperback. Book Condition: New. Mercedes McDonald (illustrator). 211 x 137 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Cups Scales is an inspirational picture book with text and illustration used by members of Overeaters Anonymous and others with eating disorders, about weighing and measuring food and emotions, plus information to contact people and groups who weigh and measure food, including people in Compulsive Overeaters Anonymous-HOW; Cups Scales Forum; Food Addicts Anonymous; Food Addicts: The Body Knows Online Discussion Group; Greysheeter sAnonymous; Overeaters Anonymous HOW and 90-Day meetings; and Recovery from Food Addiction. Contacts are willing to be your phonebuddy or to sponsor you. You get access to phone meeting numbers, websites, and email addresses to contact people who weigh and measure. This serious picture book with humor will delight. The artist Mercedes McDonald works in true concert with the editorsto create a picture book that gently instructs. Like Aesop s Fables, the attitudes of the cups and scales strike lightning quick insights. They show the trickery we can play and the shifting thoughts that can lead toward or away from right action - with food and with life.Cups Scales does for the problem eater what the popular Stools Bottles does for the...

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