

**It's Not About The Food: A Woman's Guide to Making Peace with
Food and Our Bodies**

By Esther Kane, MSW

Release January 2009

ISBN 978-0-9780706-2-5

RC552.E18K36 2009 616.85'260082 C2008-907654-0

Women/Self-Help

Non-Fiction

Softcover / 5.5" X 8.5" / 201 Pages

e-book version and audio-program also available

\$24.95CDN (and GST where applicable)

\$24.95US

£12.95UK

www.endyoureatingdisorder.com

esther@estherkane.com

Other Books by the Author:

*Dump That Chump: A Ten-Step Plan for Ending Bad Relationships and
Attracting the Fabulous Partner You Deserve.* Esther Kane, MSW,
RCC, 2006. www.dumpthatchump.com

*What Your Mama Can't or Won't Teach You: Grown Women's Stories
of Their Teen Years.* Esther Kane, MSW, RCC, 2006.
www.guidebooktowomanhood.com