

Compulsive eating disorder.

Posted On Sep 29, Posted by [Diane](#) Category [General Food Discussions](#)

I am also of the same behaviour and will surely be following your blog site.

I have lost, to date, a total of 74 lbs and I can tell you it has been a total dedication to concentration.

I have to always pull myself back and look at the road ahead. I feel a lot better with this weight gone and have

a lot more to go, but with the help of my WW support group and my friends and family - I am succeeding.

It has been a longer road than I originally thought, but understanding the reality of it, and a lot of on going soul

searching, I didn't get here in one week and it won't take one week to reach goal. The goal is change of habits for a healthier life style.

With all this said - it doesn't mean that I don't fall off the wagon at times, but I have been able to get back on track.

Thank you for sharing your experience and the willingness to help others in the same boat.

Tags: [Weight Maintenance](#) , [Foodaholic](#) , [Food Addiction](#) , [Compulsive Eating](#)