

# FOOD JUNKIES



RECOVERY  
FROM  
FOOD  
ADDICTION

READ BY LISA BUNTING

VERA TARMAN, MD | SECOND EDITION

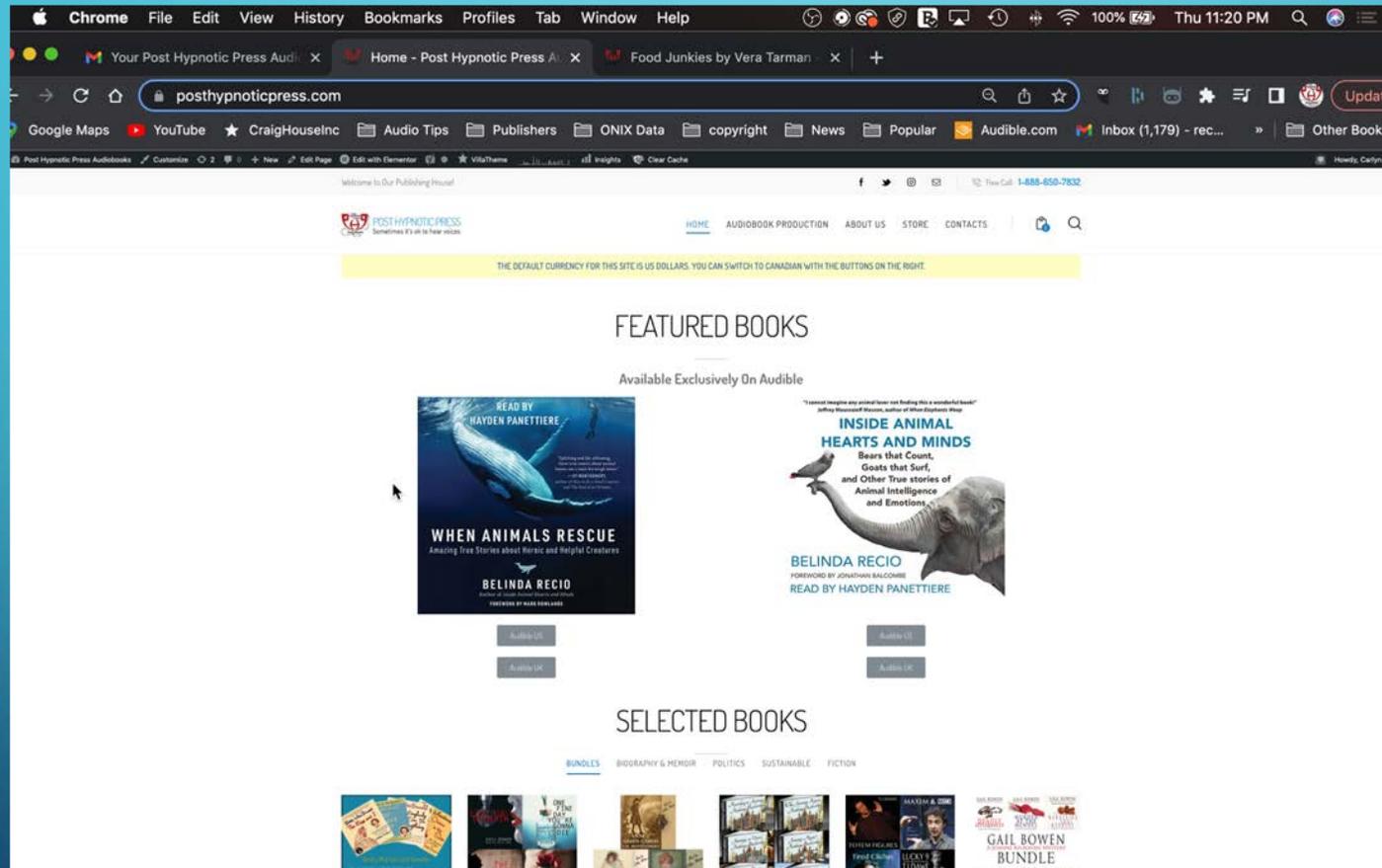


# HOW TO ORDER AND DOWNLOAD AUDIOBOOKS

INSTRUCTIONS FOR ORDERING FOOD JUNKIES BY VERA TARMAN, READ BY LISA BUNTING, FROM POST HYPNOTIC PRESS INC.

ORDERING FROM A DEVICE? THE PROCESS WILL BE VERY SIMILAR TO ORDERING ONLINE.

# GO TO POST HYPNOTIC PRESS DOT COM.



# SCROLL DOWN UNTIL YOU SEE FOOD JUNKIES.

The screenshot shows a Chrome browser window with the URL `posthypnoticpress.com`. The page features a registration form with fields for Username, User Email, User Password, and Confirm Password. There are also checkboxes for "I'm" and "No" under "I would you like to receive our NewsLetter?", and a checkbox for "Privacy Policy". A "SUBMIT" button is located at the bottom right of the form.

Below the form, the "BESTSELLER" section highlights the book "FOOD JUNKIES" by Vera Tarman, MD. The book cover shows a stack of donuts. The text next to the cover reads: "RECOVERY FROM FOOD ADDICTION", "Author: Vera Tarman, MD", "Built around the experiences of people suffering and recovering from food addiction, Food Junkies offers practical information grounded in medical science", and "Price: \$19.20 - \$49.40". A "SHOP ONLINE" button is positioned below the price.

The "WHAT'S NEW" section lists three books: "College Without High School" for \$14.99, "Anybody Can Do Anything" for \$19.99, and "Deadly Appearances" for \$19.99. A "View More" link is located at the bottom of this section.

At the bottom of the page, the text "This Months Hot Deals" is displayed.

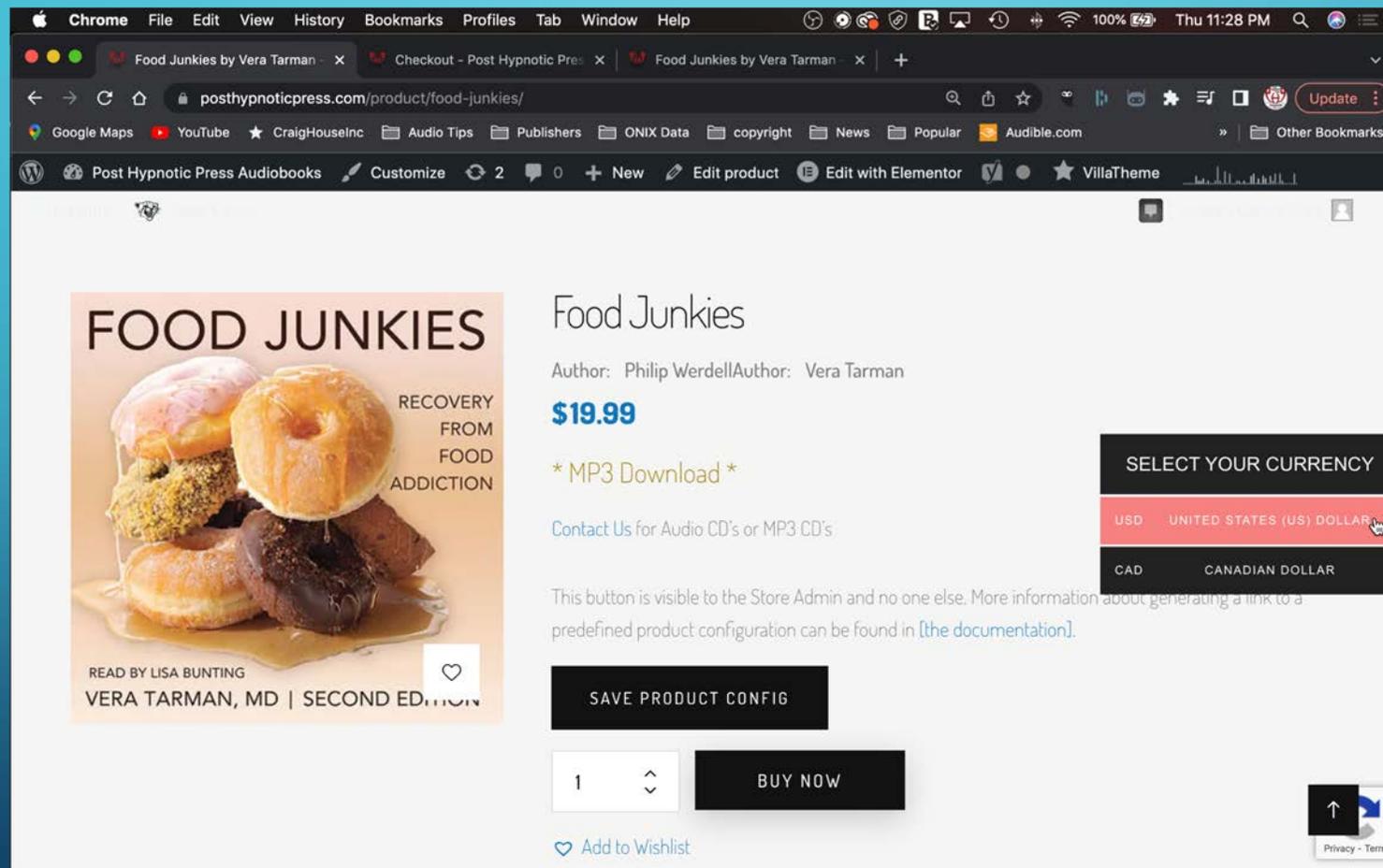
# OR USE THE SEARCH MENU TO FIND FOOD JUNKIES.

The screenshot shows a Chrome browser window with the URL `posthypnoticpress.com/?post_types=&s=Food+Junkies`. The page displays search results for 'Food Junkies'. The top navigation bar includes 'HOME', 'AUDIOBOOK PRODUCTION', 'ABOUT US', 'STORE', and 'CONTACTS'. A search icon is highlighted. The search results section shows the book cover for 'FOOD JUNKIES: RECOVERY FROM FOOD ADDICTION' by Vera Tarman, MD, Second Edition, read by Lisa Bunting. The price is \$19.99, and it is categorized under 'HEALTH & SELF HELP'. Below the book cover are two author/narrator portraits: Vera Tarman, Dr. Vera (AUTHORS - September 30, 2021) and Lisa Bunting (NARRATORS - September 25, 2021).

CLICK ON THE COVER AND GO TO THE ORDER PAGE.

The screenshot shows a Chrome browser window with the URL `posthypnoticpress.com/product/food-junkies/`. The page header includes a navigation menu with links for HOME, AUDIOBOOK PRODUCTION, ABOUT US, STORE, and CONTACTS. The main content area displays the product 'Food Junkies' with a cover image of donuts. The cover text reads 'FOOD JUNKIES RECOVERY FROM FOOD ADDICTION' and 'READ BY LISA BUNTING VERA TARMAN, MD | SECOND EDIT...'. To the right of the cover, the product title 'Food Junkies' is shown, followed by the author 'Author: Philip WerdellAuthor: Vera Tarman', the price '\$19.99', and the format '\* MP3 Download \*'. A 'BUY NOW' button is visible at the bottom of the product information. The browser's address bar and various icons are also visible at the top of the window.

# SELECT YOUR PREFERRED CURRENCY AND CLICK “BUY NOW.”



The screenshot shows a Chrome browser window with the URL `posthypnoticpress.com/product/food-junkies/`. The page displays the product 'Food Junkies' by Philip Werdell and Vera Tarman. The price is listed as **\$19.99** with a note '\* MP3 Download \*'. A dropdown menu titled 'SELECT YOUR CURRENCY' is open, showing 'USD UNITED STATES (US) DOLLAR' as the selected option, with 'CAD CANADIAN DOLLAR' as an alternative. Below the dropdown is a 'SAVE PRODUCT CONFIG' button, a quantity selector set to '1', and a prominent 'BUY NOW' button. A 'Privacy - Terms' link is visible in the bottom right corner of the page content.

**FOOD JUNKIES**  
RECOVERY FROM FOOD ADDICTION  
READ BY LISA BUNTING  
VERA TARMAN, MD | SECOND EDITION

Food Junkies  
Author: Philip Werdell Author: Vera Tarman  
**\$19.99**  
\* MP3 Download \*  
Contact Us for Audio CD's or MP3 CD's  
This button is visible to the Store Admin and no one else. More information about generating a link to a predefined product configuration can be found in [the documentation].

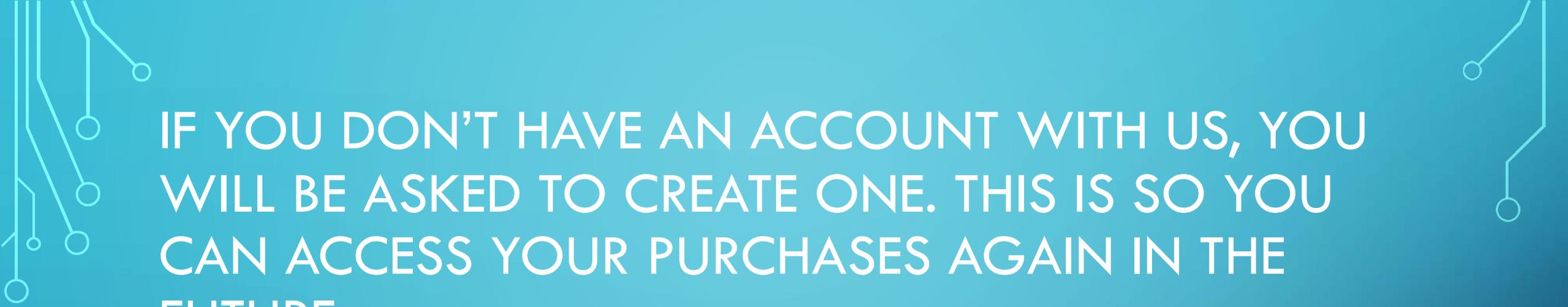
SELECT YOUR CURRENCY  
USD UNITED STATES (US) DOLLAR  
CAD CANADIAN DOLLAR

SAVE PRODUCT CONFIG

1 BUY NOW

Add to Wishlist

Privacy - Terms

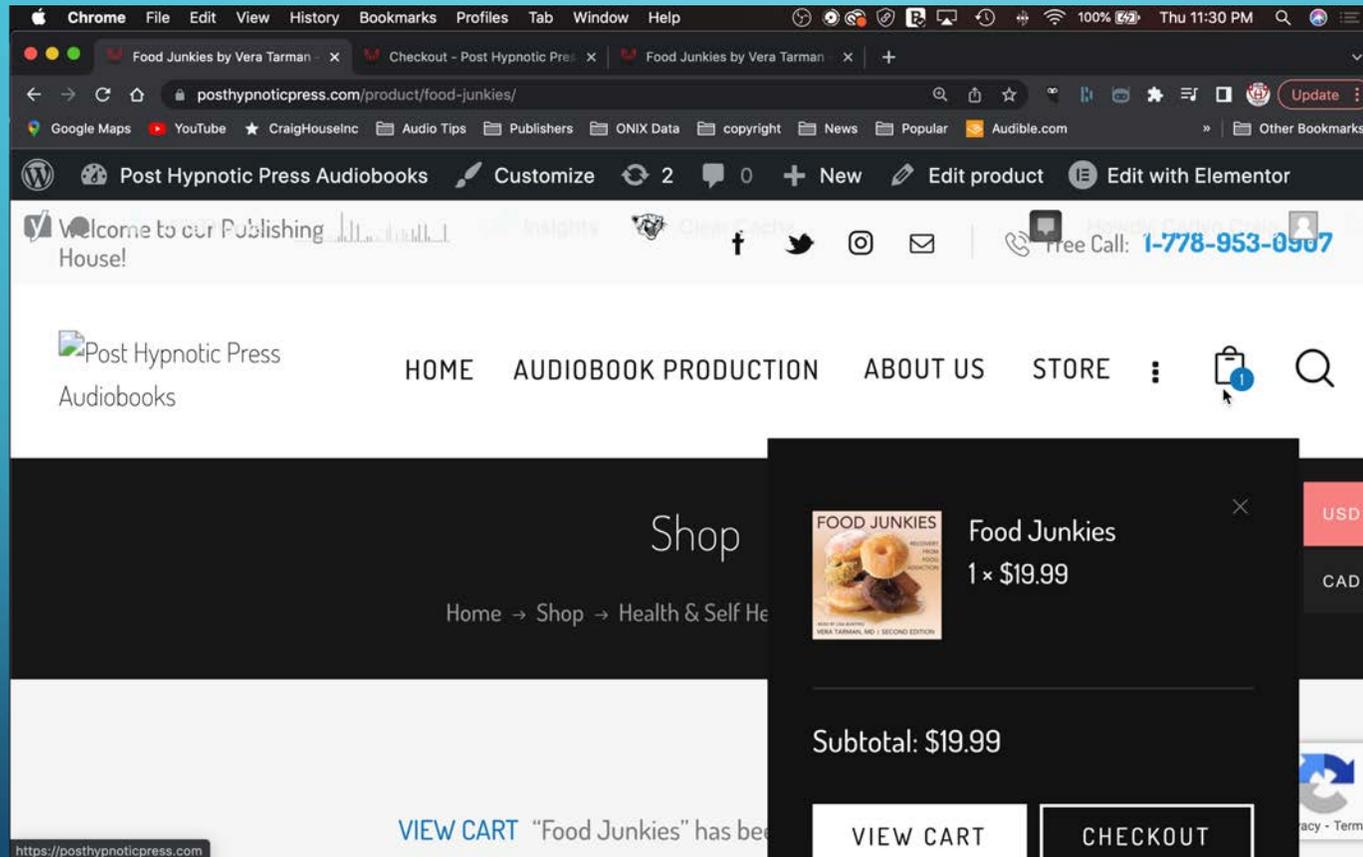


IF YOU DON'T HAVE AN ACCOUNT WITH US, YOU WILL BE ASKED TO CREATE ONE. THIS IS SO YOU CAN ACCESS YOUR PURCHASES AGAIN IN THE FUTURE.

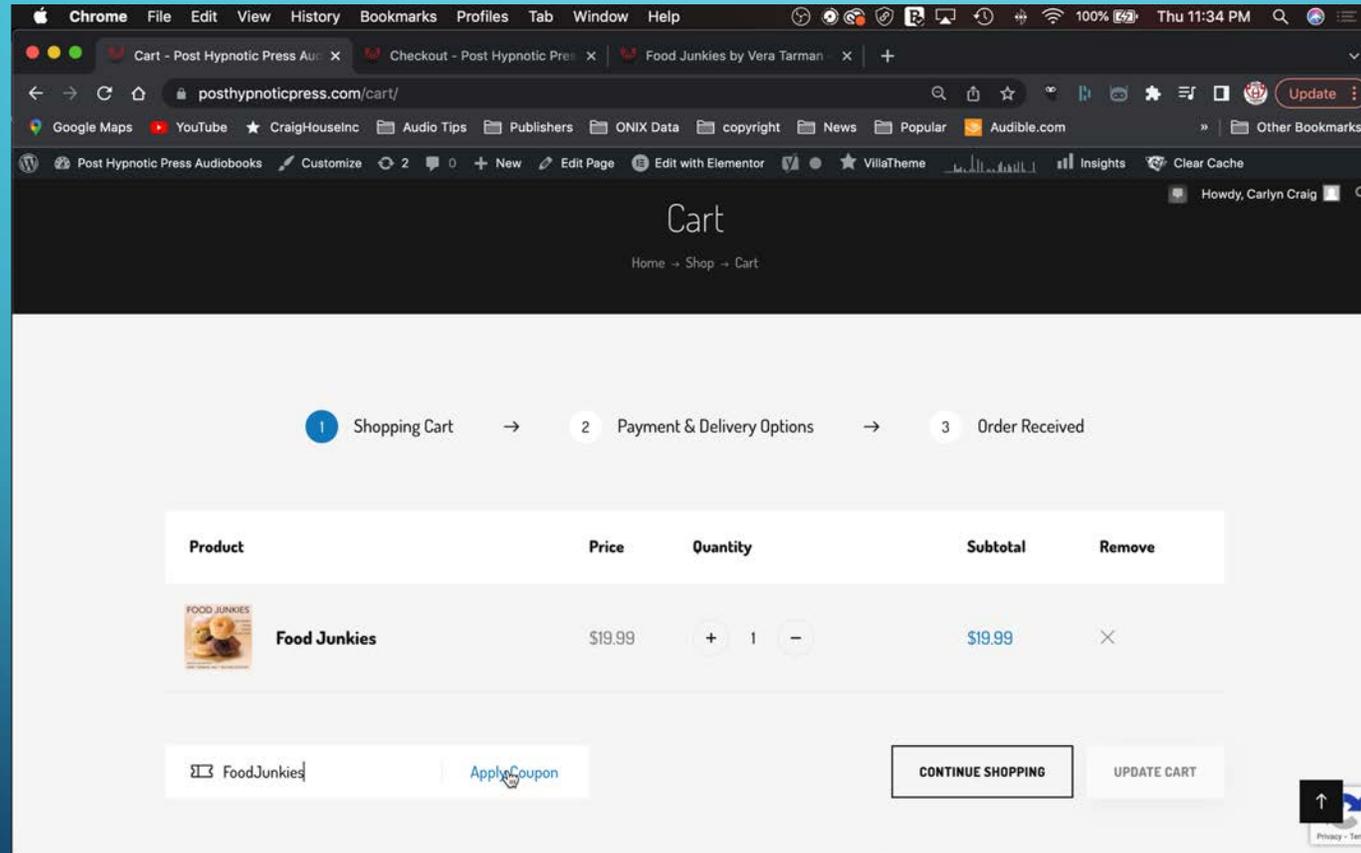
IF YOU HAVE AN ACCOUNT WITH US, YOU WILL BE ASKED TO SIGN IN.



LOOK FOR THE SHOPPING CART ICON BESIDE THE SEARCH ICON AND CLICK ON IT. YOU'LL SEE THIS THIS POP UP MENU. CLICK ON VIEW CART.



TYPE THE COUPON CODE “FOODJUNKIES” INTO THE COUPON BOX AND CLICK ON “APPLY COUPON.”



THE DISCOUNT WILL BE APPLIED. CLICK ON  
“PROCEED TO CHECKOUT.”

The screenshot shows a web browser window with the URL `posthypnoticpress.com/cart/`. The page displays a shopping cart for 'Food Junkies' by Vera Tarman. A coupon code 'foodjunkies' has been applied, resulting in a \$12.00 discount. The cart totals are as follows:

Cart totals	
Subtotal	\$19.99
Coupon: foodjunkies	-\$12.00 [Remove]
<b>Total</b>	<b>\$7.99</b>

Below the totals, there is a prominent button labeled 'PROCEED TO CHECKOUT' with a mouse cursor hovering over it. Other buttons visible include 'CONTINUE SHOPPING' and 'UPDATE CART'. A coupon code input field is also present at the top of the cart area.

<https://posthypnoticpress.com/checkout/>

# FILL OUT YOUR BILLING INFORMATION. YOU CAN PAY BY PAYPAL OR CREDIT.

The screenshot shows a web browser window with the URL `posthypnoticpress.com/checkout/`. The page is divided into two main sections: Billing Information and Payment.

**Billing Information:**

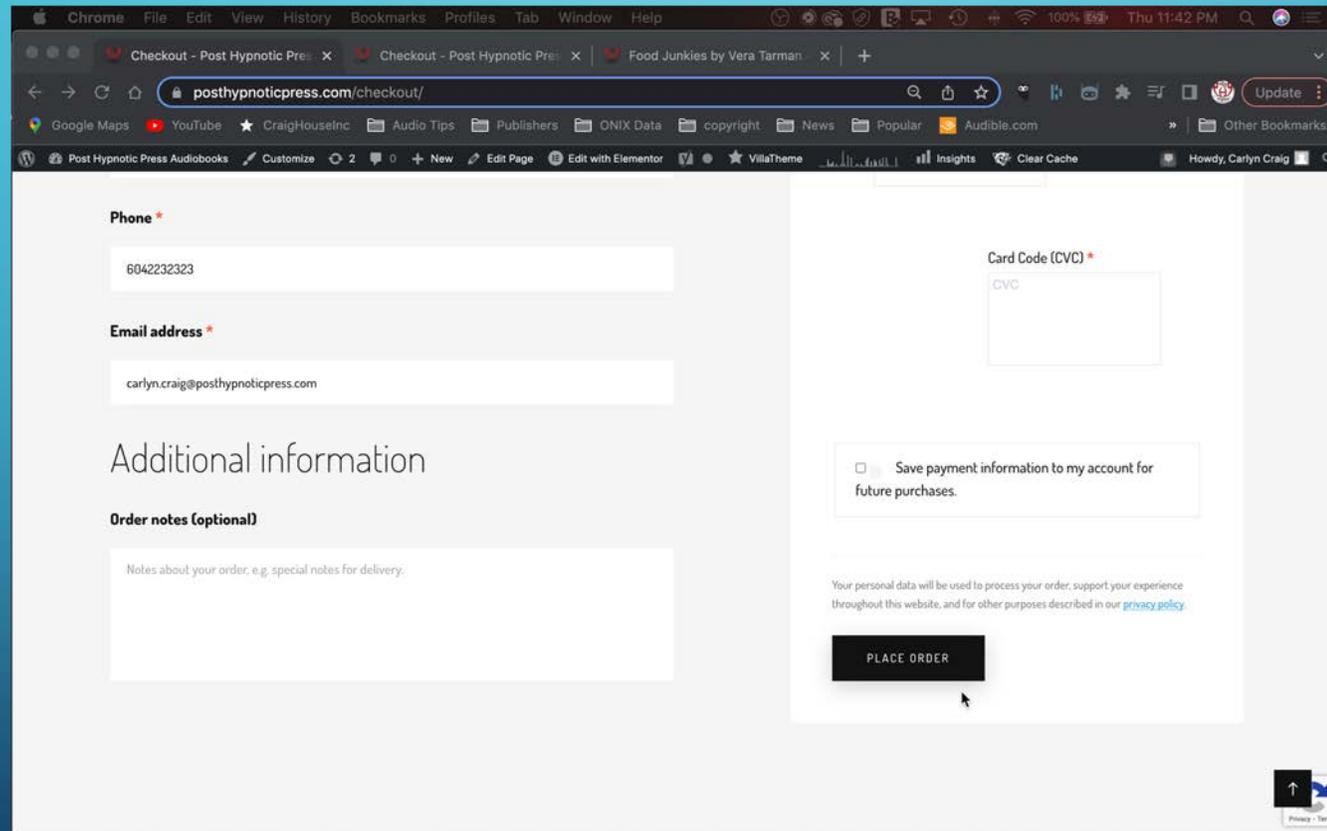
- Street address \***: 112 Royal Avenue
- Apartment, suite, unit, etc. (optional)**: (empty)
- Town / City \***: New Westminster
- Province \***: British Columbia
- Postal code \***: V3L 1H3
- Phone \***: 6042232323

**Payment:**

- PayPal [What is PayPal?](#)
- Credit Card (Stripe)**  
Pay with your credit card via Stripe.
- Card Number \***: 1234 1234 1234 1234
- Expiry Date \***: MM / YY
- Card Code (CVC) \***: CVC

The browser's address bar shows the URL `posthypnoticpress.com/checkout/`. The browser's address bar shows the URL `posthypnoticpress.com/checkout/`. The browser's address bar shows the URL `posthypnoticpress.com/checkout/`.

YOU CAN SAVE YOUR INFORMATION FOR FUTURE ORDERS, BUT YOU DON'T HAVE TO. CLICK ON "PLACE ORDER."



AFTER YOUR PAYMENT PROCESSES, YOU WILL SEE AN ORDER CONFIRMATION PAGE WHERE YOU CAN DOWNLOAD M4B FILES (FOR MAC DEVICES) OR MP3 FILES (MAC AND ANDROID).

Thank you. Your order has been received.

ORDER NUMBER	DATE	EMAIL	TOTAL
25932	May 6, 2022	carlyn.craig@posthypnoticpress.com	\$0.00

### Downloads

Item	Quantity	Date	Action
Food Junkies	10	July 5, 2022	<a href="#">DOWNLOAD M4B (275MB - 10S)</a>
Food Junkies	10	July 5, 2022	<a href="#">DOWNLOAD MP3'S (222MB - GENERIC)</a>

### Order details

Food Junkies × 1	\$19.99
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[Privacy - Terms](#)

OR USE THE LINK IN THE ORDER DETAILS TO LISTEN TO FOOD JUNKIES ON THE SOUNDCLOUD APP.

Order details

Food Junkies x 1	\$19.99
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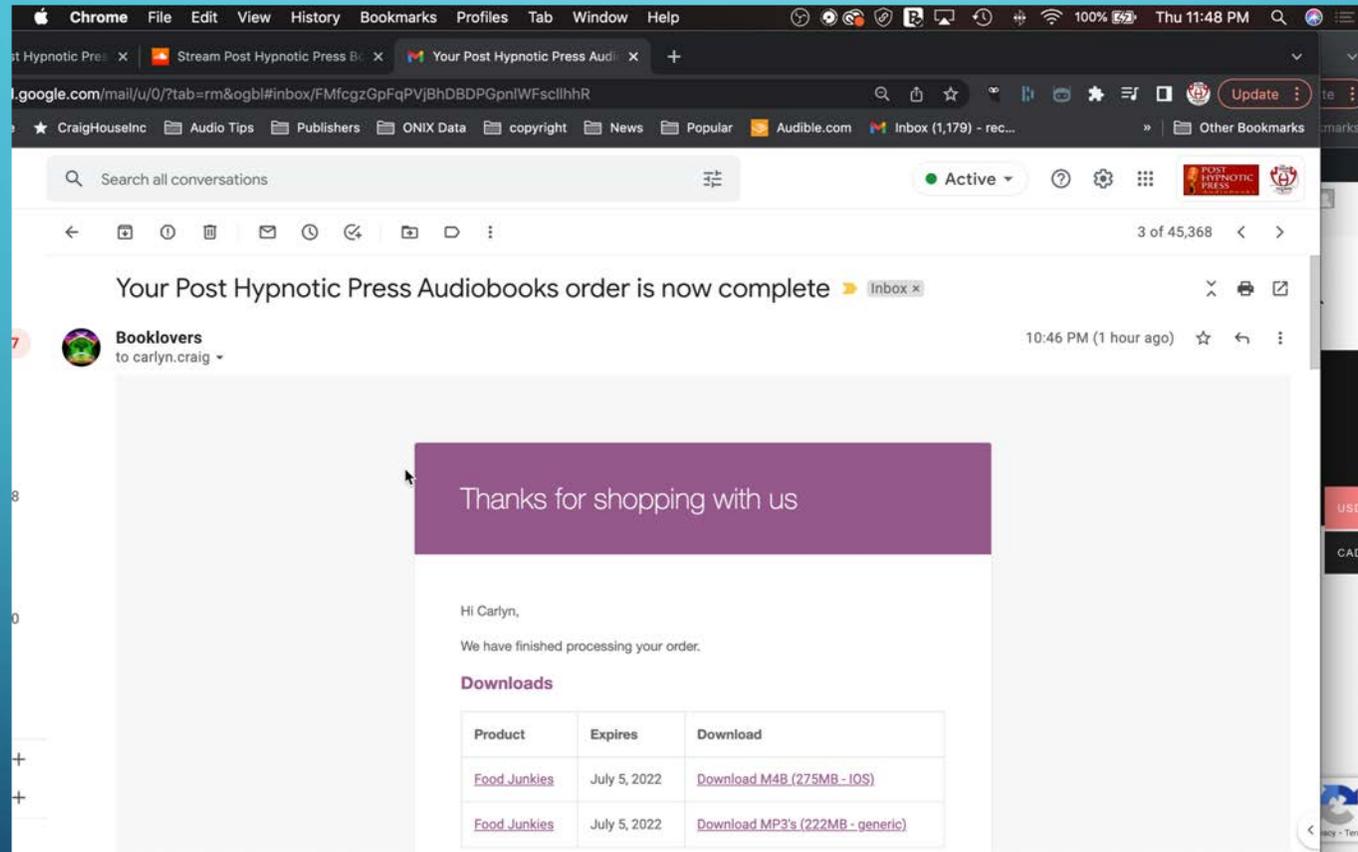
Click on the link below to listen to this book on Soundcloud.  
**Food Junkie on Soundcloud**  
NOTE: You will need to create a free SoundCloud account to use this app.  
Listening on SoundCloud will use your data if you are not connected to wifi.  
You can access this special link, as well as the download links, at any time from this order confirmation.

Subtotal:	\$19.99
Discount:	-\$19.99
Total:	\$0.00

ORDER AGAIN

Privacy - Terms

YOU WILL ALSO RECEIVE AN ORDER CONFIRMATION EMAIL WITH LINKS TO DOWNLOAD THE AUDIO...



# AND A LINK TO FOOD JUNKIES ON THE SOUNDCLOUD APP.

The screenshot shows an email interface on a Chrome browser. The email content includes an order confirmation for 'Food Junkies' on May 6, 2022. It features a table with product details, a list of terms and conditions, and a summary table.

Product	Quantity	Price
Food Junkies	1	\$19.99

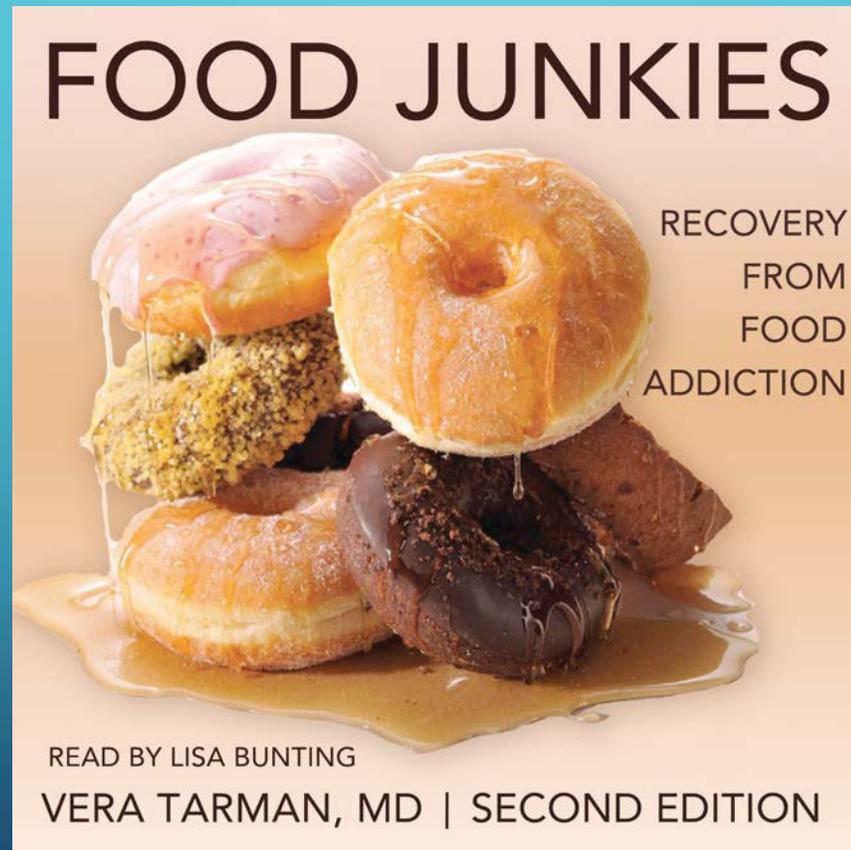
Click on the link below to listen to this book on Soundcloud.  
[Food Junkie on Soundcloud](#)

NOTE: You will need to create a free SoundCloud account to use this app.  
Listening on SoundCloud will use your data if you are not connected to wifi.  
You can access this special link, as well as the download links, at any time from this order confirmation.

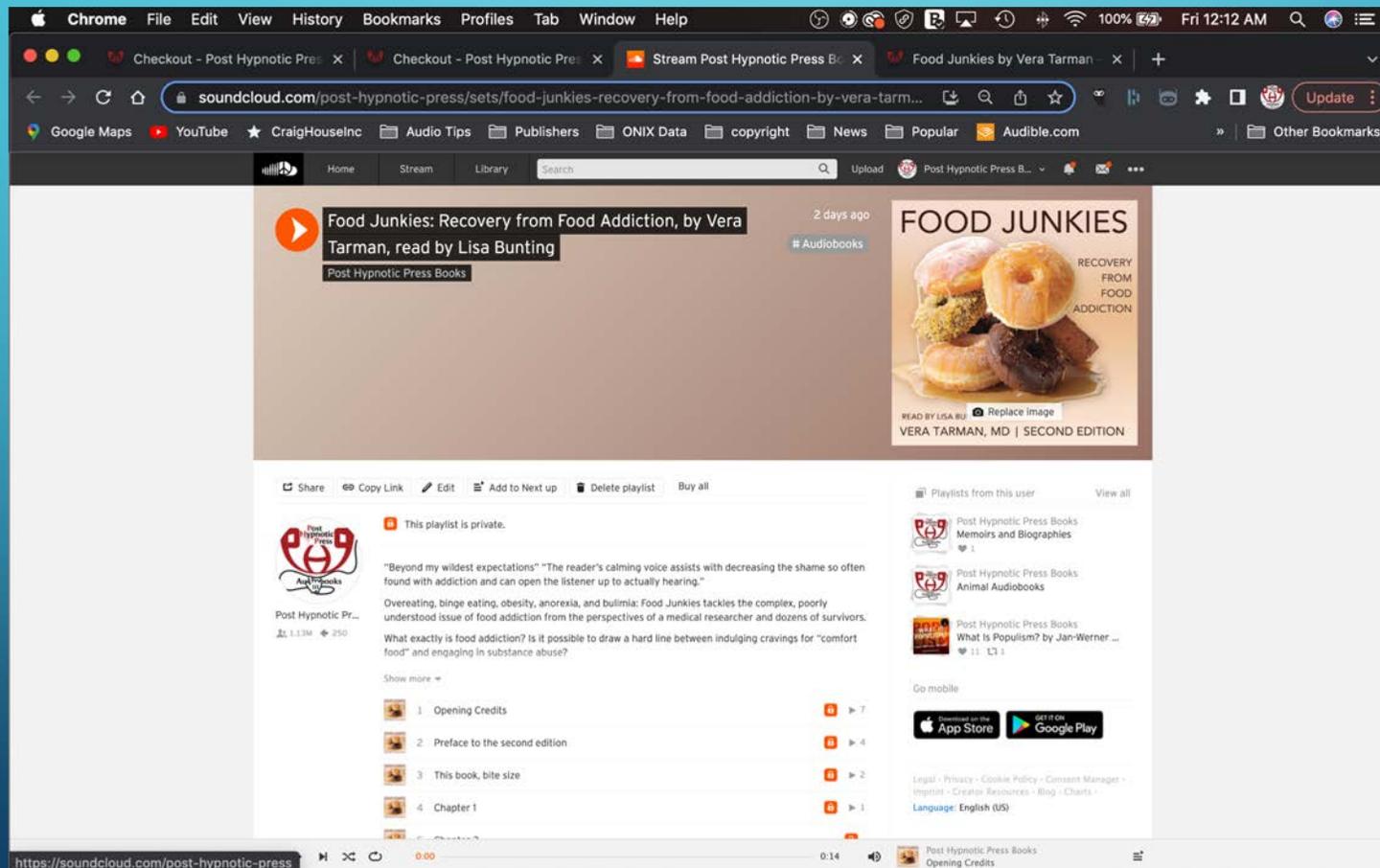
Subtotal:	\$19.99
Discount:	-\$19.99
Total:	\$0.00

**Billing address**

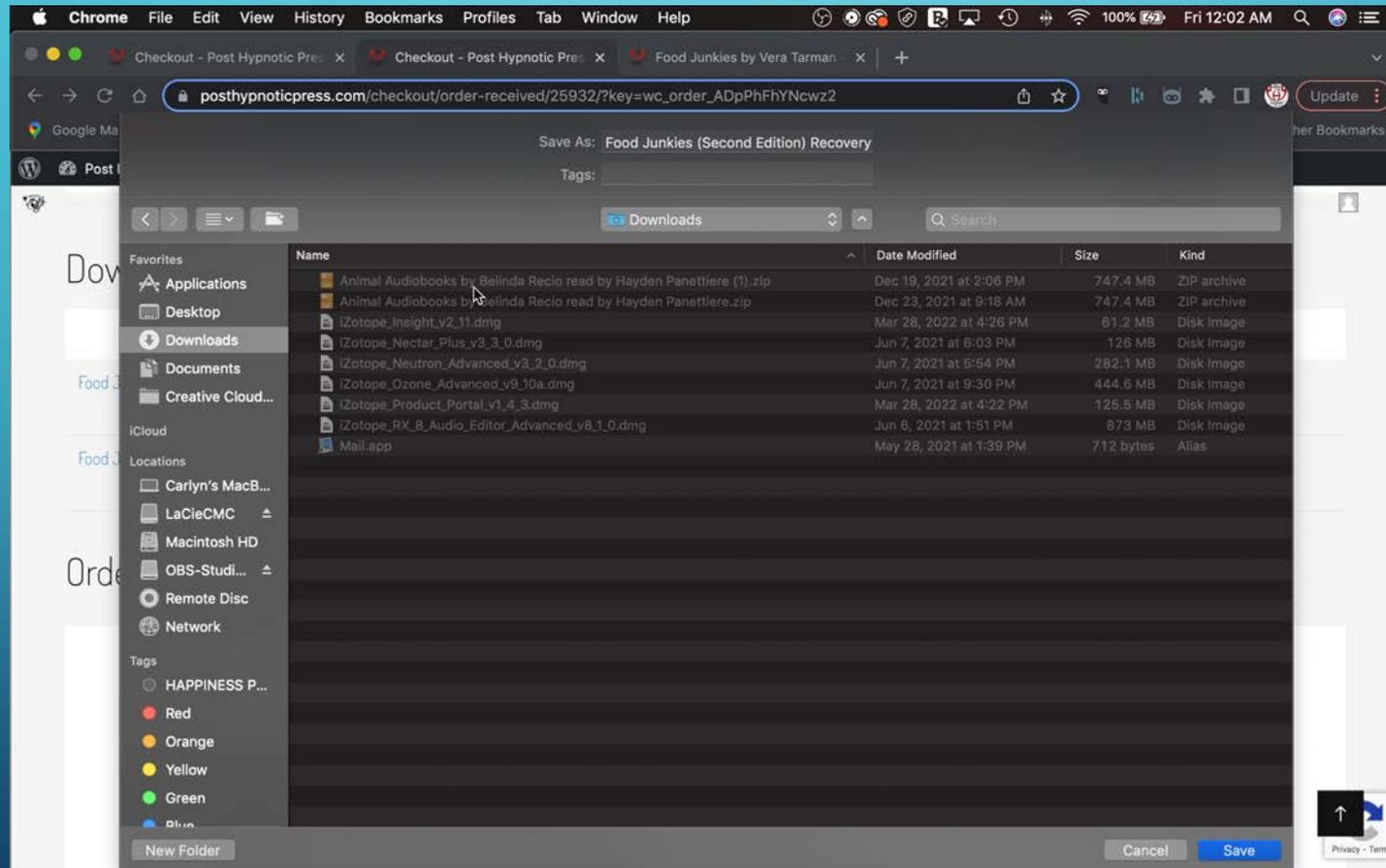
YOU CAN DOWNLOAD YOUR FILES AND ACCESS THE  
SOUNDCLOUD APP LINK FROM YOUR CONFIRMATION  
EMAIL AT ANY TIME.



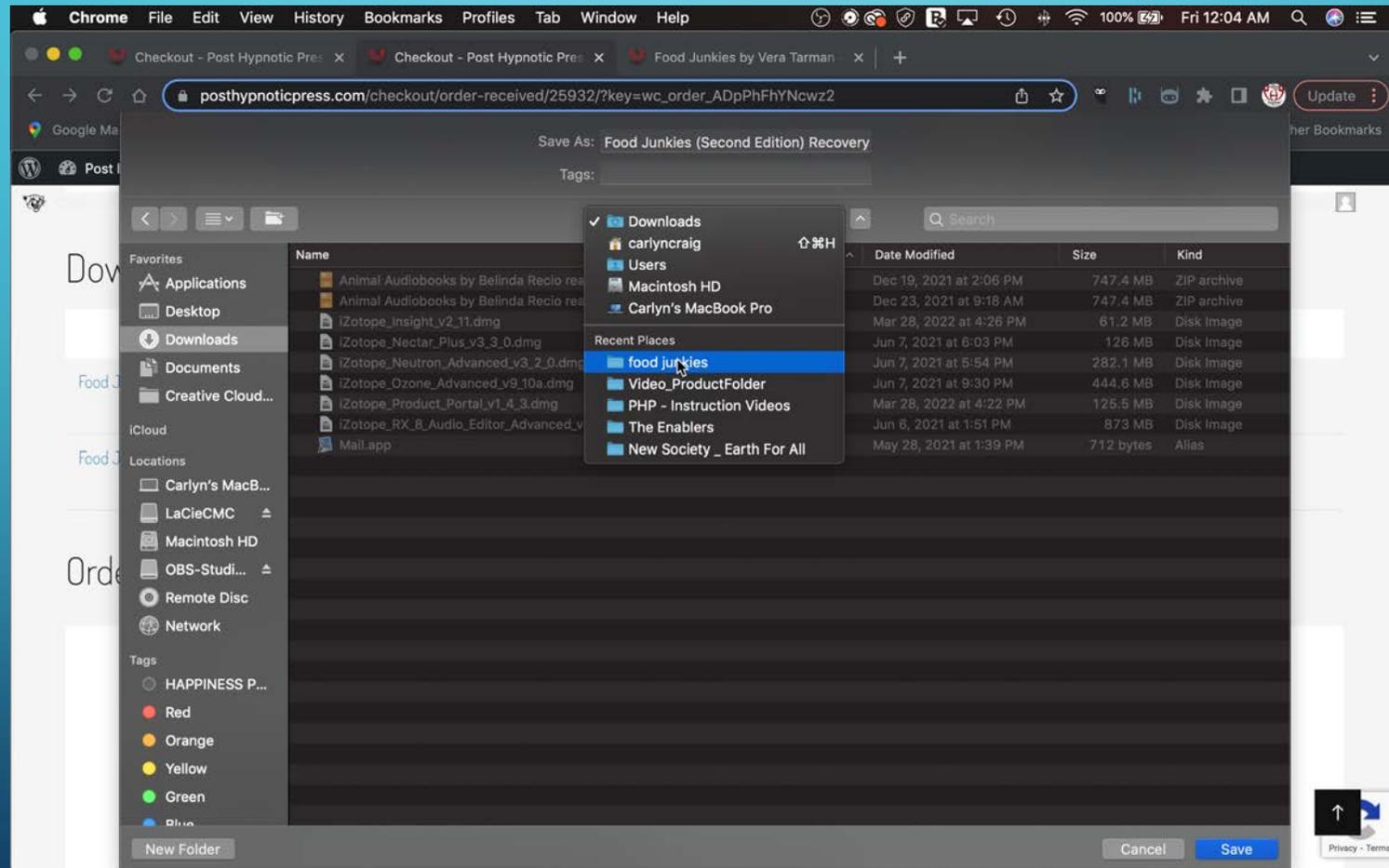
TO USE THE SOUNDCLLOUD APP, CLICK ON THE LINK. IF YOU DON'T HAVE A SOUNDCLLOUD ACCOUNT, YOU WILL NEED TO CREATE A FREE ACCOUNT. NOTE: YOU WILL USE DATA IF YOU DON'T HAVE ACCESS TO WIFI WHEN YOU'RE LISTENING.



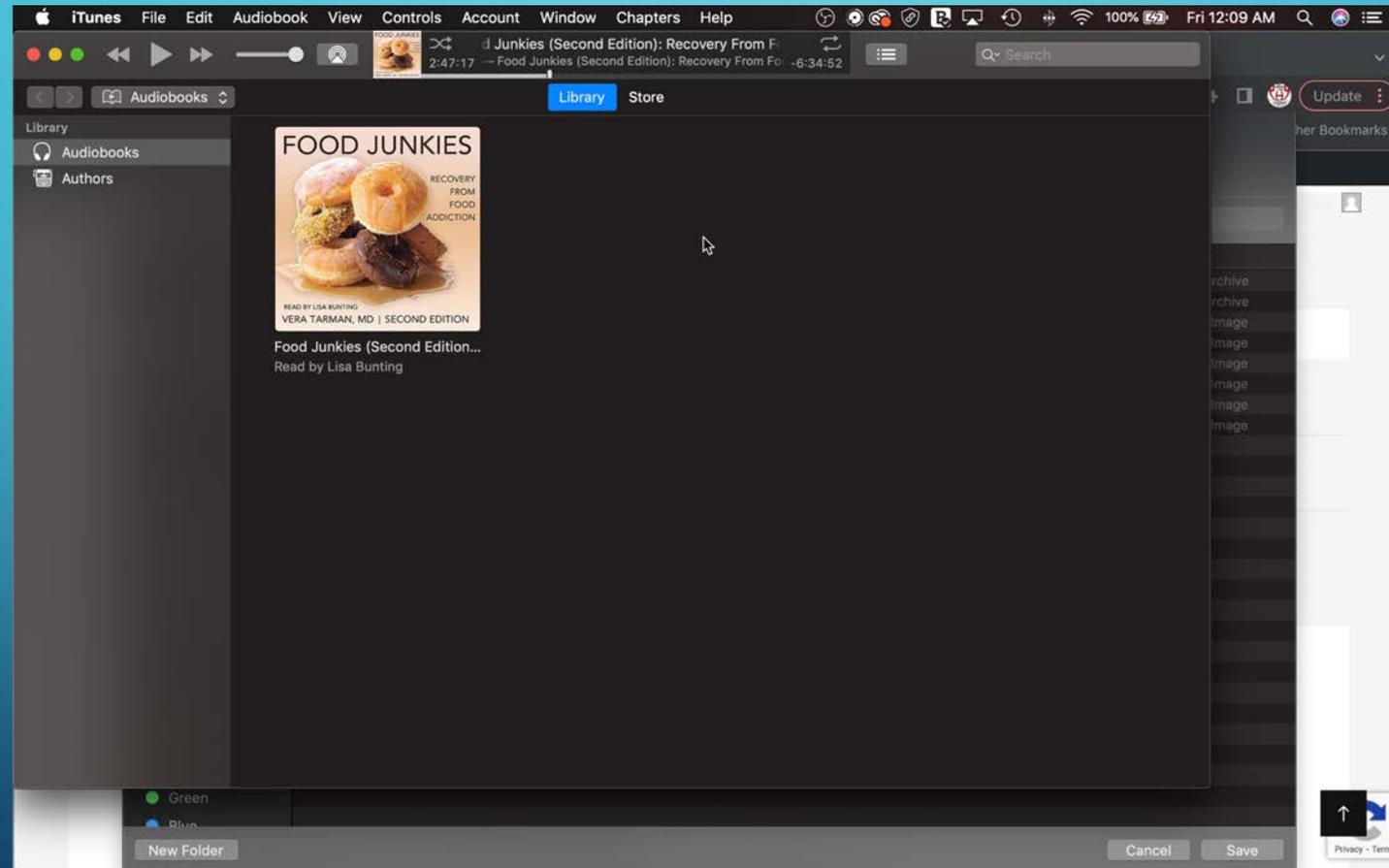
TO DOWNLOAD, CLICK ON THE LINK FOR EITHER THE MP3 OR M4B FILE. A ZIP FOLDER WILL DOWNLOAD INTO EITHER THE DEFAULT DOWNLOAD FOLDER OR...



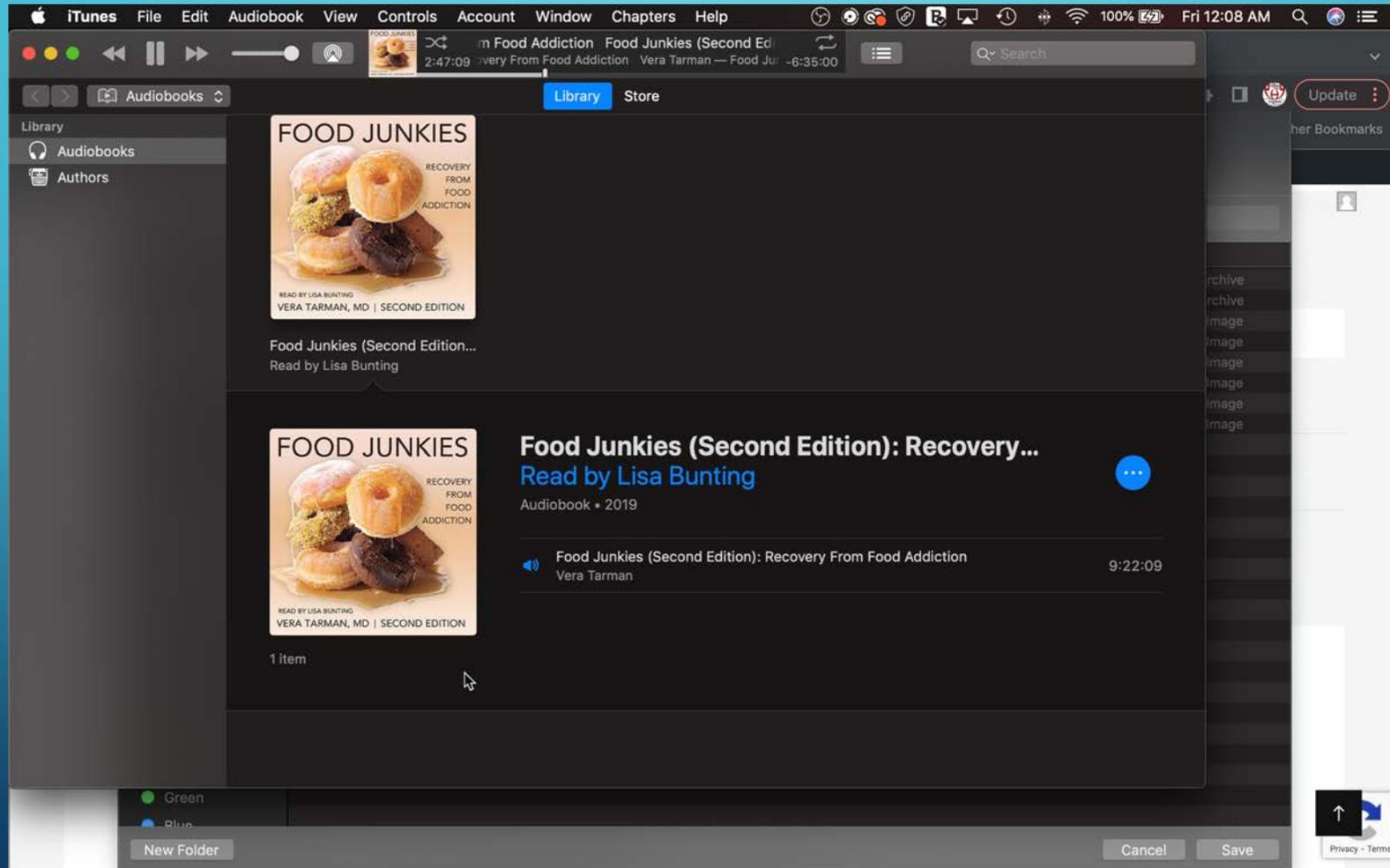
# INTO A FILE OF YOUR CHOICE (IF YOU HAVE YOUR COMPUTER SET UP FOR THIS).



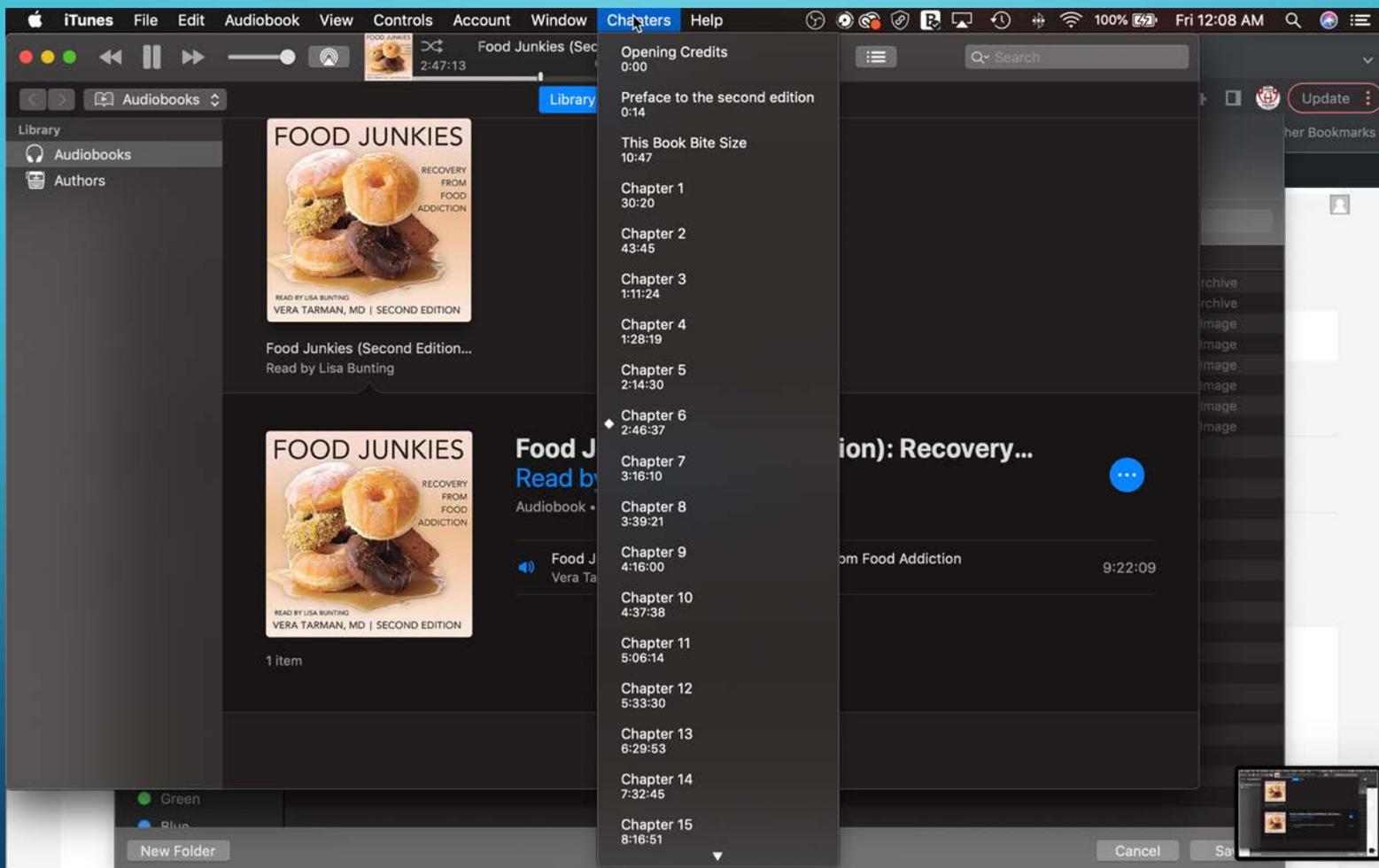
MAC USERS SHOULD DOWNLOAD THE M4B FILE FOR EASE OF USE AND THEN DRAG AND DROP THE M4B FILE INTO ITUNES.



ITUNES WILL AUTOMATICALLY PUT YOUR AUDIOBOOK INTO THE AUDIOBOOK FOLDER. CLICK ON PLAY.



# YOU CAN ACCESS THE CHAPTERS ONCE YOU'VE CLICKED ON THE AUDIOBOOK.



FOR THE MAC USER, THE EASIEST WAY TO ADD AUDIOBOOKS TO A DEVICE IS TO MOVE IT FROM YOUR COMPUTER TO YOUR DEVICE USING ITUNES. THERE ARE NUMEROUS ARTICLES AVAILABLE. HERE ARE TWO:

<https://videoconverter.wondershare.com/transfer/transfer-audiobook-to-iphone.html>

<https://mobiletrans.wondershare.com/itunes/transfer-audiobooks-to-phone-with-or-without-itunes.html>

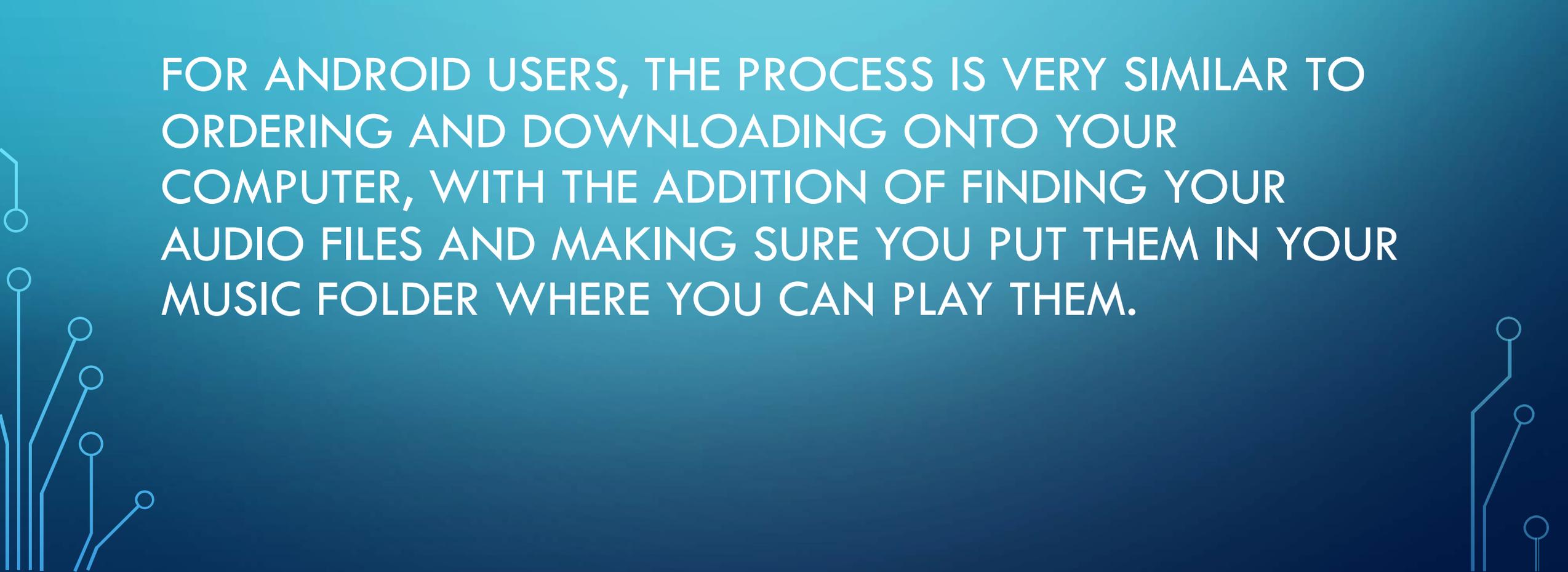
# TO TRANSFER AUDIOBOOKS FROM A PC TO AN ANDROID:

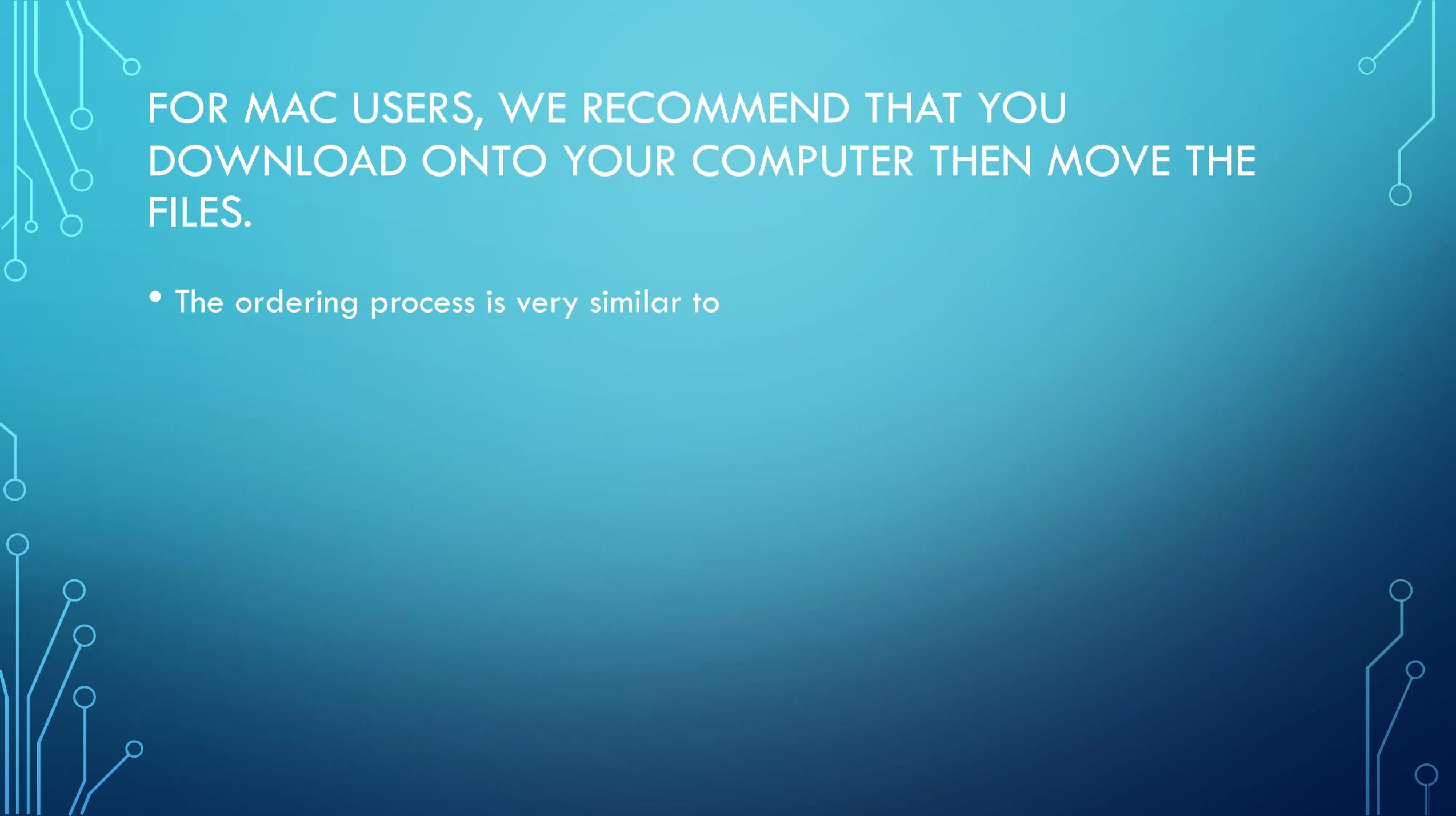
- Connect your Android to your Windows PC using a USB cable.
- If you are given a selection of connection options, select Transfer Files (MTP).
- Select the audiobook MP3 files from your computer.
- Drag the files into your *Music* folder on your Android device.



FINALLY, YOU CAN ORDER ON YOUR DEVICE AND  
DOWNLOAD THE FILES DIRECTLY TO YOUR DEVICE.

FOR ANDROID USERS, THE PROCESS IS VERY SIMILAR TO  
ORDERING AND DOWNLOADING ONTO YOUR  
COMPUTER, WITH THE ADDITION OF FINDING YOUR  
AUDIO FILES AND MAKING SURE YOU PUT THEM IN YOUR  
MUSIC FOLDER WHERE YOU CAN PLAY THEM.



The background is a solid teal color with a gradient. In the corners, there are decorative white line-art patterns resembling circuit boards or neural networks, with lines connecting to small circles.

FOR MAC USERS, WE RECOMMEND THAT YOU  
DOWNLOAD ONTO YOUR COMPUTER THEN MOVE THE  
FILES.

- The ordering process is very similar to