



The Emotional Eating Workbook: A Proven-Effective, Step-by-Step Guide to End Your Battle with Food and Satisfy Your Soul

Carolyn Coker Ross

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When we constantly feel hungry and overeat, sometimes it's not about the food. In this important book, a weight management expert presents the proven-effective Anchor Weight Management System to help people finally end their struggles with emotional eating and weight gain.

For over fifty years, nutritional and medical scientists have dissected the problem of obesity. The result of this half-century of investigation has been a series of recommendations about what and how much to eat, and an unintended consequence is that we've been deprived of the joy of eating. From low-fat diets to the no-carb craze, the market has been continually flooded with one assortment of fad products and diets after another. So, when does it end?

If you're struggling with emotional overeating and are trying to lose weight, you should know that you don't need to deny yourself certain foods. In *The Emotional Eating Workbook*, you'll learn about the real psychological needs that underlie your food cravings, how to meet those needs in positive ways, be mindful of your body, and find the deep satisfaction many overeaters seek in food.

It's not about food. It's about how food is used to self-soothe, numb ourselves against the pain of living, or self-medicate in coping with stress and unresolved emotions. The Anchor Program™ approach detailed in this book is not about dieting. It's about being anchored to your true, authentic self. When you find your unique anchor, you will relate better to your body, you'll know intuitively how to feed your body, and you'll reach the weight that's right for you.



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This The Emotional Eating Workbook: A Proven-Effective, Step-by-Step Guide to End Your Battle with Food and Satisfy Your Soul book is not ordinary book, you have after that it the world is in your hands. The benefit you will get by reading this book is usually information inside this reserve incredible fresh, you will get data which is getting deeper an individual read a lot of information you will get. This kind of The Emotional Eating Workbook: A Proven-Effective, Step-by-Step Guide to End Your Battle with Food and Satisfy Your Soul without we recognize teach the one who studying it become critical in considering and analyzing. Don't end up being worry The Emotional Eating Workbook: A Proven-Effective, Step-by-Step Guide to End Your Battle with Food and Satisfy Your Soul can bring any time you are and not make your handbag space or bookshelves' become full because you can have it in your lovely laptop even cellphone. This The Emotional Eating Workbook: A Proven-Effective, Step-by-Step Guide to End Your Battle with Food and Satisfy Your Soul having fine arrangement in word along with layout, so you will not feel uninterested in reading.

Betty Benner:

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Natalie Renz:

Reading a book to become new life style in this yr; every people loves to learn a book. When you go through a book you can get a lot of benefit. When you read books, you can improve your knowledge, due to the fact book has a lot of information in it. The information that you will get depend on what forms of book that you have read. If you need to get information about your analysis, you can read education books, but if you act like you want to entertain yourself you are able to a fiction books, these kinds of us novel, comics, in addition to soon. The The Emotional Eating Workbook: A Proven-Effective, Step-by-Step Guide to End Your Battle with Food and Satisfy Your Soul will give you new experience in studying a book.

Jason Davis:

What is your hobby? Have you heard this question when you got scholars? We believe that that problem was given by teacher on their students. Many kinds of hobby, Everybody has different hobby. Therefore you know that little person including reading or as studying become their hobby. You need to know that reading is very important and book as to be the thing. Book is important thing to increase you knowledge, except your personal teacher or lecturer. You see good news or update in relation to something by book. Many kinds of books that can you go onto be your object. One of them are these claims The Emotional Eating Workbook: A Proven-Effective, Step-by-Step Guide to End Your Battle with Food and Satisfy Your Soul.

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