



How Do I Stop Emotional Eating?: 46 Effective Techniques to Help Curb the Urge and Eat Without Guilt

By Jill Brackman

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Discover 46 Powerful Techniques To Help You Break Free From Emotional Eating Are you looking for solid information on how to combat emotional eating? For anyone who has relationship issues with food, dealing with the daily grind of emotionally driven and often purposeless eating can leave you feeling powerless and mentally drained. And if you re a serial dieter, you know that repeated failed attempts leave you discouraged, unmotivated -- and before too long, slowing gravitating back into old eating habits.However, there is a way to break the cycle. How Do I Stop Emotional Eating? is a compilation of effective methods based on trustworthy advice from a variety of experts, including Geneen Roth and Dr Roger Gould.You ll learn: How to beat junk food cravings without having to rely on will power . Why emotional eaters are predestined to fail at dieting -- even before they start. And what you need to do, if you really want to keep the weight off. How to recognize the destructive behaviour patterns and 8 actionable steps you can take immediately to...



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