

Even after following restrictive diets and exercise regimens, many of us find ourselves overeating at meals, snacking mindlessly, or bingeing regularly. There's a disconnection feeling our eating, nibbling years from our lives, and we know it. As emotional eaters, we turn to food for comfort, soothing, distraction, and excitement. And we're ready to try something different.

Therapist and life coach Julie Simon offers a new approach that addresses the true causes of overeating and weight gain: emotional and spiritual hunger and body imbalances. *The Emotional Eater's Repair Manual* presents five self-care skills, five body-balancing principles, and five soul-care practices that can end overeating and dieting forever. You'll learn to nurture yourself without turning to food, to correct body and brain imbalances that trigger overeating, and to address your soul's hunger. Weight loss, more energy, improved health, and self-esteem will naturally follow.

"A must read for anyone who struggles with overeating. Julie Simon offers a beautifully written, compassion-filled guide for ending emotional eating, yo-yo dieting, and poor health. . . . Practical and inspirational."

— RORY FREEDMAN, coauthor of *Skinny Bitch*

"Breaks new ground and offers a fresh, heartfelt approach to an age-old problem. Highly recommended"

— WYLA CAISS, MD, author of *8 Weeks to Vibrant Health*

"By addressing all aspects of a woman's inner and outer life — from her brain chemistry to the robustness of her social and spiritual connections — Julie Simon's anti-diet approach gives women the tools they need to finally feel comfortable in their own skin."

— SARA AXANT STOVER, author of *Way of the Happy Woman*

"In this marvelous book, Julie Simon takes you on a journey of self-care and soul-care that will help you understand your emotional and spiritual hunger, heal your relationship with food, and bring balance and happiness into your life."

— JOHN ROBBINS, author of *Diet for a New America*



JULIE M. SIMON, MA, MBA, LMFT, is a licensed psychotherapist and life coach with more than twenty years of experience helping overeaters stop dieting, heal their relationships with themselves and their bodies, lose excess weight, and keep it off. A lifelong fitness enthusiast, she is also a certified personal trainer and the founder and director of the Los Angeles-based Transform With Emotional Eating Recovery Program. She lives in Los Angeles.

www.eatingrecovery.com

Cover design by Tracy Cunningham

Printed in the USA on 100% postconsumer waste recycled paper



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THE EMOTIONAL EATER'S REPAIR MANUAL



"Reassuring and calm, informative and inspiring, this book is your lifeline to fixing your relationship with food and gaining the health you deserve."

— NEAL D. BARNARD, MD,
president, Physicians Committee for
Responsible Medicine, Washington, DC, and
author of *Breaking the Food Seduction*

THE EMOTIONAL EATER'S REPAIR MANUAL

A Practical
Mind-Body-Spirit Guide
for Putting an End to
Overeating and Dieting

JULIE M. SIMON

