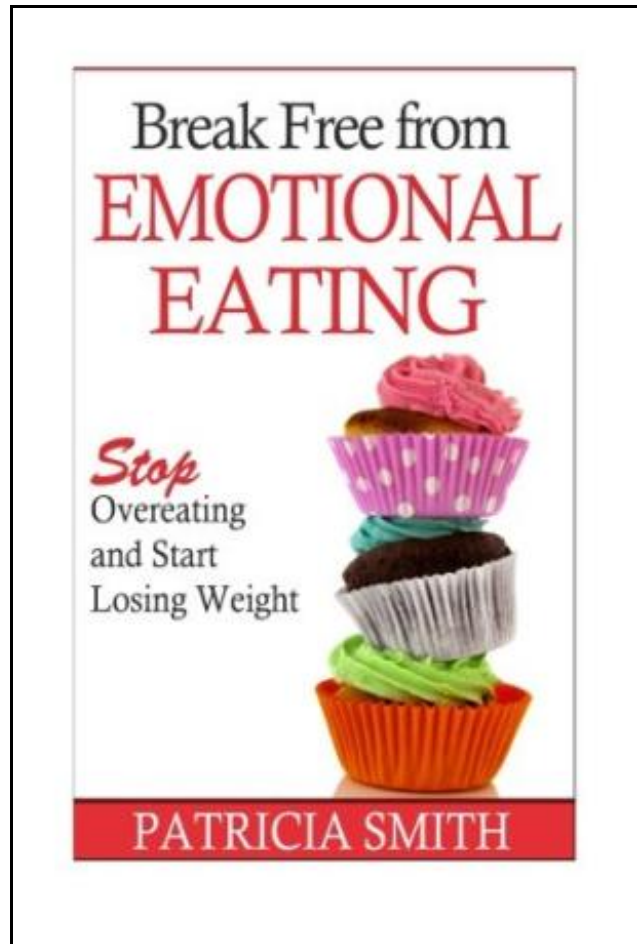


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(Johanna Roberts)

BREAK FREE FROM EMOTIONAL EATING: STOP OVEREATING AND START LOSING WEIGHT



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.How was yesterday for you? Did you find yourself overeating, binge eating, or stress eating even when you weren't hungry? Do you need to lose weight but this eating thing just gets in the way? Have you failed to combat emotional eating many, many times before? Your emotional eating probably concerns you. You might not have a full blown eating disorder but it causes you to put on weight and have other health problems that drag your life down. You suspect that emotional eating stops you from living the life you were meant to lead. But what if you could beat emotional eating once and for all and finally take control of your life? What if you learned the secrets to winning the fight against eating too much, too often? What if you finally could be at peace around food instead of white knuckling your way through meetings, family events, parties, and simply being alone at home? Picture this: You walk into a holiday party room where there is a table laden with food, but instead of the focusing on the food, all you notice are the beautiful holiday decorations and the wonderful people you're going to spend time with. Picture this: Every time you go into the break room at work you see a plate piled high with doughnuts and you walk right past them without giving them a second thought. Or, picture this: You are alone at home, watching TV, and you remember there is ice cream in the freezer. You wonder for a moment and check in with yourself but decide that no, you don't really want any, you'll go to bed...



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