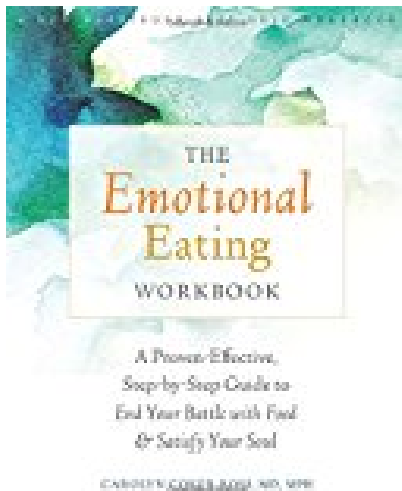


# The Emotional Eating Workbook A Proven-Effective Step-by-Step Guide to End Your Battle with Food and Satisfy Your Soul

---



## BOOK DETAILS

- Author : Carolyn Coker Ross MD MPH
- Pages : 216 Pages
- Publisher : New Harbinger Publications
- Language : English
- ISBN : 1626252122



## BOOK SYNOPSIS

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.

### **THE EMOTIONAL EATING WORKBOOK A PROVEN-EFFECTIVE STEP-BY-STEP GUIDE TO END YOUR BATTLE WITH FOOD AND SATISFY YOUR SOUL**

- Are you looking for Ebook *The Emotional Eating Workbook A Proven-Effective Step-by-Step Guide To End Your Battle With Food And Satisfy Your Soul*? You will be glad to know that right now *The Emotional Eating Workbook A Proven-Effective Step-by-Step Guide To End Your Battle With Food And Satisfy Your Soul* is available on our online library. With our online resources, you can find *Applied Numerical Methods With Matlab Solution Manual 3rd Edition* or just about any type of ebooks, for any type of product.

Best of all, they are entirely free to find, use and download, so there is no cost or stress at all. *The Emotional Eating Workbook A Proven-Effective Step-by-Step Guide To End Your Battle With Food And Satisfy Your Soul* may not make exciting reading, but *Applied Numerical Methods With Matlab Solution Manual 3rd Edition* is packed with valuable instructions, information and warnings. We also have many ebooks and user guide is also related with *The Emotional Eating Workbook A Proven-Effective Step-by-Step Guide To End Your Battle With Food And Satisfy Your Soul* and many other ebooks.

We have made it easy for you to find a PDF Ebooks without any digging. And by having access to our ebooks online or by storing it on your computer, you have convenient answers with *The Emotional Eating Workbook A Proven-Effective Step-by-Step Guide To End Your Battle With Food And Satisfy Your Soul*. To get started finding *The Emotional Eating Workbook A Proven-Effective Step-by-Step Guide To End Your Battle With Food And Satisfy Your Soul*, you are right to find our website which has a comprehensive collection of manuals listed.