



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

Carolyn Coker Ross MD MPH

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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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Maria Abel:

A lot of people always spent all their free time to vacation or maybe go to the outside with them loved ones or their friend. Did you know? Many a lot of people spent that they free time just watching TV, or maybe playing video games all day long. If you would like try to find a new activity honestly, that is look different you can read some sort of book. It is really fun to suit your needs. If you enjoy the book that you just read you can spent 24 hours a day to reading a book. The book The Emotional Eating Workbook: A Proven-Effective, Step-by-Step Guide to End Your Battle with Food and Satisfy Your Soul it doesn't matter what good to read. There are a lot of people who recommended this book. These folks were enjoying reading this book. In the event you did not have enough space to deliver this book you can buy often the e-book. You can m0ore very easily to read this book from a smart phone. The price is not very costly but this book provides high quality.

Meagan Shaffer:

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Kimberly Gomez:

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