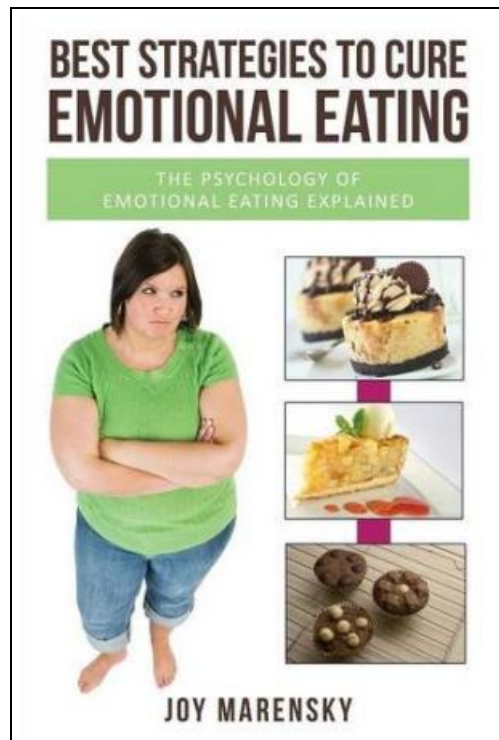


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Power of One, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. If you ve ever wondered what s behind the psychology of emotional eating, because it is psychological, this book will help you dive into that and discover what goes on in the mind to bring about that kind of behavior. Those who eat emotionally consider it as an outlet to relieve their self from whatever pain or discomfort they re feeling in their life. Some of these emotions are deep rooted going all the way back to one s childhood. Just a certain thought can trigger or cause an onset of overwhelming emotions strong enough to have a person sit there and wallow in their thoughts and before they know it, they start eating away. The information is nicely laid out because it mentions what each emotion is and then goes into detail on how that can lead to emotional eating. After exploring those details, which is great information, the strategies for curing it are discussed. These strategies once implemented can really make a world of difference not only to the person directly who suffers from it, but also relationships that the person has with others.



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