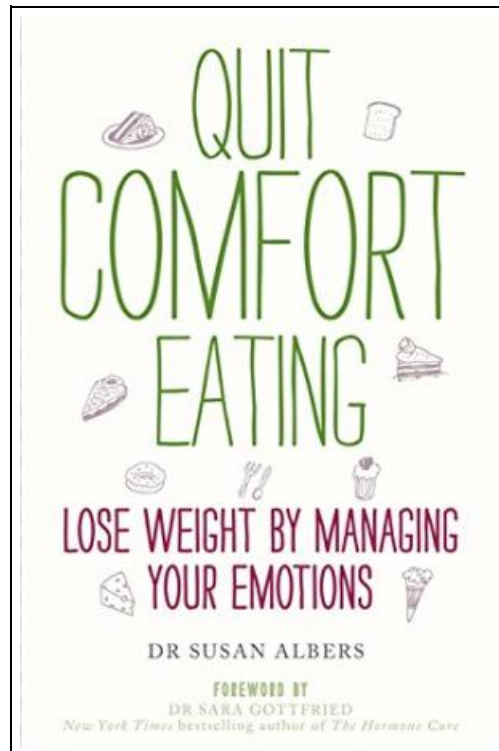


Quit Comfort Eating: Lose Weight by Managing Your Emotions



Filesize: 6.66 MB

Reviews

An exceptional pdf and the typeface employed was fascinating to see. Better then never, though i am quite late in start reading this one. Your daily life span will be transform as soon as you total looking at this publication.
(Dale White)

QUIT COMFORT EATING: LOSE WEIGHT BY MANAGING YOUR EMOTIONS



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Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Quit Comfort Eating: Lose Weight by Managing Your Emotions, Susan Albers, Why can't so many smart people lose weight? The answer: low emotional intelligence can lock you into a vicious cycle of dieting failure. Dr Susan Albers, accomplished expert in emotional eating and weight loss, has created an accessible three-step plan that will teach you how to combat the most common emotional barriers to weight loss. Her EAT plan tackles comfort eating, the pressure of social eating so common in offices, stress-triggered eating, eating to avoid emotional problems and using food to numb trauma. Drawing on mindfulness, Dr Albers provides 25 tools and techniques readers can use to tailor their eating to the demands of their own lives, their preferences and moods. Reverse a lifetime of overeating and comfort bingeing with Quit Comfort Eating.



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