



Quit Comfort Eating: Lose Weight by Managing Your Emotions

By Susan Albers

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.



READ ONLINE
[8.98 MB]

Reviews

This book is definitely worth acquiring. Yes, it is enjoy, still an amazing and interesting literature. Its been written in an remarkably basic way and is particularly simply soon after i finished reading through this pdf where actually changed me, affect the way in my opinion.

-- **Murray Marquardt**

The very best book i actually read through. I have got read through and i am certain that i will likely to read through yet again yet again down the road. I realized this ebook from my dad and i suggested this book to learn.

-- **Alfreda Barrows**