

Transform Emotional Eating: A Path to a Healthier Relationship with the Foods You Love

Are you tired of feeling out of control around food?

Do you find yourself overeating when you're stressed, anxious, or sad? If so, you're not alone. Emotional eating is a common problem that can lead to weight gain, health problems, and a negative body image.



Mindful Eating: Stop Overeating and Avoid Binge Eating, The Anti-Diet for Long Term Weight-Loss : Transform Emotional Eating to a Healthier Relationship with the Foods You Love and Enjoy by Julia Meadows

★★★★☆ 4.6 out of 5

Language : English
File size : 1204 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 140 pages
Lending : Enabled



But there is hope.

In her new book, Transform Emotional Eating, registered dietitian and certified intuitive eating counselor Christy Harrison offers a practical,

evidence-based approach to help you overcome emotional eating and develop a healthier relationship with food.

Here's what you'll learn in Transform Emotional Eating:

- The causes of emotional eating
- How to identify your emotional triggers
- Mindful eating techniques to help you stay present with your food
- Intuitive eating principles to help you develop a more positive relationship with food
- Self-care strategies to help you manage stress and emotions without turning to food

Transform Emotional Eating is the book you need if you're ready to:

- Stop overeating when you're stressed, anxious, or sad
- Develop a healthier relationship with food
- Lose weight and improve your health
- Feel more confident and in control around food

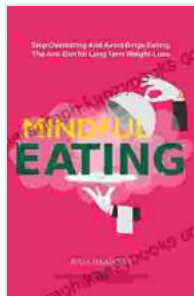
Free Download your copy of Transform Emotional Eating today!

<https://www.Our Book Library.com/Transform-Emotional-Eating-Healthier-Relationship/dp/198481846X>

About the Author

Christy Harrison is a registered dietitian and certified intuitive eating counselor. She is the author of the popular blog, Food Psych, and her work

has been featured in The New York Times, The Washington Post, and The Wall Street Journal. Christy is passionate about helping people develop a healthy relationship with food and body.



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