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How Do I Stop Emotional Eating?: 46 Effective Techniques to Help Curb the Urge and Eat Without Guilt

Jill Brackman

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Discover 46 Powerful Techniques To Help You Break Free From Emotional Eating

Are you looking for solid information on how to combat emotional eating?. For anyone who has relationship issues with food, dealing with the daily grind of emotionally driven and often purposeless eating can leave you feeling powerless and mentally drained. And if you're a serial dieter, you know that repeated failed attempts leave you discouraged, unmotivated -- and before too long, **slowing gravitating back into old eating habits**.

However, there is a way to break the cycle.

"**How Do I Stop Emotional Eating?**" is a compilation of effective methods based on trustworthy advice from a variety of experts, including Geneen Roth and Dr Roger Gould.

You'll learn:

- How to beat junk food cravings **without** having to rely on 'will power'.
- Why emotional eaters are predestined to fail at dieting ***-- even before they start***. And what you need to do, if you **really** want to keep the weight off.
- How to recognize the destructive behaviour patterns and 8 actionable steps you can take immediately to stop the cycle
- **Yes, we're emotional eaters too:** Dealing with the big taboo of eating disorders in men and 5 simple techniques to help with weight loss.
- 2 effective and proven techniques to help stop emotional eating when you're stressed out, bored or depressed.
- How to stop emotional eating getting the better of you when you're a stressed out diabetic.
- **Are you Afraid of the dark?** How to curb those unhealthy late night eating habits.
- ***Please talk to me!*** How to help and support the one you love overcome emotional eating.
- You've got a friend: How to build a strong support network when dealing with emotional eating.

PLUS:

A separate guide filled with free support tools, simple (but effective) exercises, as well as lots of audio and video resources.

AND:

A bonus section, **"Eating in Peace: The Emotional Healing Toolkit for Body and Mind"**.

So if you want to finally eat without guilt, re-establish a healthier relationship with food and start feeling great, get "**How Do I Stop Emotional Eating?**" today.

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