

The Emotional Eating Rescue Plan For Smart Busy Women Make Peace With Food Live The Life You Hunger For

What to do when food is *NOT* your best friend. According to a recent *Self* Magazine, 65% of all women have an unhealthy relationship with food. Often they use food to numb feelings and become binge eaters or overeaters. Food becomes their primary means for coping with everyday stress, anxiety, and other difficult feelings. Drawing on her experience of working with compulsive overeaters and binge eaters for over twenty years, Meryl Beck has developed a revolutionary approach for rewiring your brain that incorporates spiritual, physical and emotional tools for getting healthy. This 21 day plan brings together tools from psychotherapy, the 12 Steps, personal growth, work, and energy healing. *Stop Eating Your Heart Out* offers a way to rewire the brain to respond differently to the impulses and feelings that create bingeing. Beck, a therapist, and former binge takes an approach to recovery from emotional eating that incorporates spiritual, emotional, and energy work.

The Emotional Eating Rescue Plan for Smart, Busy Women Emotional eating is a major cause of overeating and of weight gain. Imagine a life where you don't overeat and YOU are in control of your cravings. If you struggle with emotional eating, diets and willpower won't help, but making peace with food changes everything. Psychologist Dr. Melissa McCreery outlines a day-by-day rescue plan for emotional eating and overeating designed specifically for high-performing, busy women ready to take control of their eating and their weight. Based on thousands of hours of work with smart women struggling to stop overeating, this 28 day plan walks you through the steps to: Take control of stress eating, comfort eating, and other types of emotional eating Say goodbye to guilt, shame, and feeling frustrated with yourself Discover what you really crave and how to really feed yourself Create solutions that don't leave you feeling hungry and deprived Design your recipe for lasting weight loss - even when you are busy and have a lot on your plate. "This is a book that will write in, cry on, and take into the bath. This is a book that has the power to change your relationship to food and emotional eating - forever. Read it and free yourself to be fully and wholly who you are meant to be." Jennifer Louden, author of *The Woman's Comfort Book* and *The Life Organizer* "If you've been stuck on the weight loss hamster wheel, your brain is probably full of clutter - advice and strategies that just don't work for you or your busy life. Dr. McCreery's book helps you organize and take control of your relationship with food once and for all, allowing the other pieces of your life to fall into place. It all makes perfect sense!" Lorie Marrero, creator of *The Clutter Diet* r) and author of *The Home Office Handbook: Rules of Thumb for Organizing Your Time, Information, and Workspa*

If you're a man who struggles with binge eating, emotional eating, stress eating, or if you repeatedly manage to lose weight only to gain it all back, you may be approaching things with the wrong mindset. Most contemporary thought on overeating and bingeing focuses on healing and self-love-a very feminine approach. But men who've overcome food and weight issues often report it was more like capturing and caging a rabid dog than learning to love their inner child... Open the cage even an inch-or show that dog an ounce of fear-and it'll quickly burst out to shred your healthy eating plans, undoing all your progress in a heartbeat. From his perspective as a formerly food-obsessed psychologist and previous consultant to major food manufacturers-Dr. Livingston shares specific techniques for isolating and permanently dis-empowering your "fat thinking self." He reveals much of his own personal journey in the process. If despite your best intentions you find yourself in one or more of the following situations then this book is for you... You've tried diet after diet with no permanent success... You constantly think about food and/or your weight... You feel driven to eat when you're not hungry (emotional overeating)... You sometimes feel you can't stop eating even though you're full... You sometimes feel guilty or ashamed of what you've eaten... You behave differently with food in private than you do when you're with other people... You feel the need to fast and/or severely restrict your food to "make up" for serious bouts of overeating... Never Binge Again can help you: Dramatically improve your ability to stick to ANY healthy food plan so you can achieve your weight loss and/or fitness goals... Quickly recover from mistakes without self judgement or unnecessary guilt... Free yourself from the prison of food obsession so you can enjoy a satisfying, delicious, and healthy diet for the rest of your life! "What the Hades is this? It can't be this simple. But I'm closer to my goal weight than I've been in decades!" - Peter Borromeo "A powerful, thought provoking, and very un-ladylike approach to the problem of bingeing!" - Stephanie King "A unique and brilliant way to leverage will power; passionate, convincing, defiant and inspiring - all at the same time" - Richard Guy "Never Binge Again squelched that awful voice in the back of my mind which says 'you'll backslide eventually, no matter what.' Thanks to this book failure is no longer an option!" - Warren Start "I'm still reeling with the revelation I have the ability to Never Binge Again, just like my ability to never rob a bank, never push and old lady into traffic, or never jump off a perfectly good cliff! [...] This book is THE TOOL I need to conquer ever attempting to satisfy emotional feelings with carbo-laden calories again!" - Traci Rickards "If you follow this simple program, you CAN see results without the 'normal' struggle. No eating foods you don't like. No fancy rules, schedules or psychotic workouts. It puts you fully in charge of your eating...and it's sustainable." - Keith Duncan CPT (Certified Personal Trainer) "Refreshingly unlike any other nutrition/healthy-eating/wellbeing title I've ever read...and I've read quite a few! The total absence of charts, food diaries, calorie counters and so on is fabulous." - Celia Almeida

Stop Eating Your Heart Out

The Three-Stage Detox and Recovery Plan for Overeating and Food Addiction

Never Binge Again(m)

Do It For You

The Emotional Eating Rescue Plan for Smart, Busy Women

Small Lined Ruled A5 Notebook (6" x 9") Weight Loss Self-Help Workbook, End Emotional Eating Diary, Good Solution to Overcoming Binge Eating Disorder, Blank Journal to Write In, Rescue Plan for Emotional Detox, CBT Motivation

Empy

Food addiction expert Debbie Danowski details a holistic recovery plan for overweight children that will work when nothing else has.

A guide to weight loss is designed to address the psychological aspects of overeating that cannot be resolved through diet and exercise, drawing on 20 years of clinical and personal experience to counsel readers on how to nurture the body with whole foods and hunger-balancing activities. Original.

Provides guidance on how to identify the symptoms of binge eating disorder, successfully treat it, and find solutions to overcome urges to binge.

Allen Carr's Easy Way to Quit Emotional Eating

Food Journal

Life Is Tough. Some Days Only Chocolate Helps

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Overcoming Binge Eating

Make Peace with Food. Live the Life You Hunger For

Why Can't My Child Stop Eating?

We've all been there-angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the last one. But the problem is not you, it's that dieting, with its emphasis on rules and regulations, has stopped you from listening to your body. Written by two prominent nutritionists, *Intuitive Eating* focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be. Learn: "How to reject diet mentality forever "How our three Eating Personalities define our eating difficulties "How to feel your feelings without using food "How to honor hunger and feel fullness "How to follow the ten principles of Intuitive Eating, step-by-step "How to achieve a new and safe relationship with food and, ultimately, your body With much more compassionate, thoughtful advice on satisfying, healthy living, this newly revised edition also includes a chapter on how the Intuitive Eating philosophy can be a safe and effective model on the path to recovery from an eating disorder.

Break free of the binge eating cycle and heal your relationship with your body by tapping into your intuition through meditation, breathwork, and journaling. WITH A FOREWORD BY NYT BESTSELLING AUTHOR, LISA NICHOLS YOU KNOW IT IN YOUR HEART: It's time to break free of the cycle of emotional eating-from calorie restriction and bingeing-to become who you were designed to be. It's time to stop using food numb your pain and begin listening inward to your body's wisdom, to your highest self. Reconnect with your intuition, embrace your body, and heal your relationship with food with this practical and heart-centered guide-now completely revised and updated. Inspired by her personal journey from struggling dieter to self-love activist, Samantha Skelly's Hungry for Happiness workshops have helped thousands of women end their battles with emotional eating. This book is filled with her relatable stories paired with journal exercises, mindset-shifts, meditations, and breathwork practices created to help you map your personal path toward feeling whole, healed, and happy.

An editor at *This American Life* reveals the searing story of the secret binge-eating that dominated her adolescence and shapes her still. "Her tale of compulsion and healing is candid and powerful."—People NAMED ONE OF THE BEST BOOKS OF THE YEAR BY MARIE CLAIRE For almost thirty years, Susan Burton hid her obsession with food and the secret life of compulsive eating and starving that dominated her adolescence. This is the relentlessly honest, fiercely intelligent story of living with both anorexia and binge-eating disorder, moving past her shame, and learning to tell her secret. When Burton was thirteen, her stable life in suburban Michigan was turned upside down by her parents' abrupt divorce, and she moved to Colorado with her mother and sister. She seized on this move west as an adventure and an opportunity to reinvent herself from middle-school nerd to popular teenage girl. But in the fallout from her parents' breakup, an inherited fixation on thinness went from "peculiarly to pathology." Susan entered into a painful cycle of anorexia and binge eating that formed a subterranean layer to her sunny life. She went from success to success—she went to Yale, scored a dream job at a magazine right out of college, and married her college boyfriend. But in college the compulsive eating got worse—she'd binge, swear it would be the last time, and then, hours later, do it again—and after she graduated she descended into anorexia, her attempt to "quit food." Binge eating is more prevalent than anorexia or bulimia, but there is less research and little storytelling to help us understand it. In *tart, soulful prose Susan Burton strikes a blow for the importance of this kind of narrative and tells an exhilarating story of longing, compulsion and hard-earned self-revelation.*

Stop Emotional Eating & Start Loving Yourself

When You Feel Like Quitting, Remember Why You Started

A Practical Mind-Body-Spirit Guide for Putting an End to Overeating and Dieting

Small Lined Ruled A5 Notebook (6" x 9") Weight Loss Self-Help Workbook, End Emotional Eating Diary, Good Solution to Overcoming Binge Eating Disorder, Blank Journal to Write In, Rescue Plan for CBT Motivation

Nurture Yourself Mindfully, Rewire Your Brain, and End Emotional Eating

Overcoming Binge Eating For Dummies

Reprogram Yourself to Think Like a Permanently Thin Person. Stop Overeating and Binge Eating and Stick to the Food Plan of Your Choice!

Bring an end to emotional eating by getting to the root of the problem. Most books about emotional eating tend to focus on how to strengthen self-restraint or how to identify what triggers it. The former can make the problem worse, while the latter may be different each time it occurs. Both approaches fail to help emotional eaters understand why they feel compelled to do something that they don't want to do in the first place. This understanding is the key to changing this behavior. Howard Farkas, who has more than two decades of professional and teaching experience as a clinical psychologist specializing in emotional eating, explains the underlying motive that drives the behavior: emotional eating is not a passive failure of self-control, but an active impulse to reject the control of dieting. This defiant need to be bad usually leaves the person feeling guilty and anxious about their eating, and recommitting to their diet until the cycle repeats, and the compulsive eating recurs. 8 Keys to End Emotional Eating provides a detailed plan for breaking this pattern. By explaining the root cause that drives the desire to binge, Farkas offers practical skills to help you learn to change your mindset about dieting and end the impulse to binge. His road map for the future will help readers maintain healthy eating habits for years to come.

Are you tired of gaining and losing the same 10, 20, 50, or 100 pounds over and over again? Imagine a life free from emotional eating. As recently as 10 years ago, I might have told you that it wouldn't be possible for me to get off the hamster wheel of weight loss and weight gain and live a life with a normal relationship with food. Despite a lifetime of frustration and hopelessness, I continued to pursue solutions, often getting stuck on the next quick-fix diet or exercise program. These solutions only gave me temporary relief, and despite intense willpower, the weight would somehow come back. My breakthrough came when I realized that healing had nothing to do with finding the right diet and everything to do with a journey of self-understanding and self-love. a journey that I cannot wait to share with you. What about you? Are you ready to start this journey? How might your life be different if you chose to read this book instead of the next hot diet book hitting the shelves? What might you let go of if you were not continuously focused on weight loss or the shameful feelings associated with weight gain? The Weight Within is your guide to healing the deep-rooted pain that emotional eating causes, both inside and out. At the end of this transformation, you will be ready to become the best version of yourself and stay that way - for good.

When we constantly feel hungry and overeat, sometimes it's not about the food. In this important book, a weight management expert presents the proven-effective Anchor Weight Management System to help people finally end their struggles with emotional eating and weight gain. For over fifty years, nutritional and medical scientists have dissected the problem of obesity. The result of this half-century of investigation has been a series of recommendations about what and how much to eat, and an unintended consequence is that we've been deprived of the joy of eating. From low-fat diets to the no-carb craze, the market has been continually flooded with an assortment of fad products and diets aimed after another. So, when does it end? If you're struggling with emotional overeating and are trying to lose weight, you should know that you don't need to deny yourself certain foods. In *The Emotional Eating Workbook*, you'll learn about the real psychological needs that underlie your food cravings, how to meet those needs in positive ways, be mindful of your body, and find the deep satisfaction many overeaters seek in food. It's not about food. It's about how food is used to self-soothe, numb ourselves against the pain of living, or self-medicate in coping with stress and unresolved emotions. The Anchor Program approach detailed in this book is not about dieting. It's about being anchored to your true, authentic self. When you find your unique anchor, you will relate better to your body, you'll know intuitively how to feed your body, and you'll reach the weight that's right for you.

Emotional Eating

Set yourself free from binge-eating and comfort-eating

The DBT Solution for Emotional Eating

If You Believe You Will Achieve

Small Lined Ruled A5 Notebook (6" x 9") Weight Loss Self-Help Workbook, End Emotional Eating Daily Diary, Good Solution to Overcoming Binge Eating Disorder Blank Journal to Write in Rescue Plan for Emotional Detox CBT Motivation Meal Activity

Food and Mood

8 Keys to End Emotional Eating (8 Keys to Mental Health)

Inspirational Food and Feelings Lined Notebook and Journal This is a Journal, Planner and Notebook to track your eating habits for weight loss/overcoming emotional eating triggers daily, weekly or as often as you wish. There is plenty of space to write as much as you want, whenever you want. Start jotting down your food habits and eating triggers and make your health and weight loss goals and dreams come true. If you want to increase the positive effects, get a copy for a friend and share to inspire each other. Small lined daily diary / journal / notebook to write in, to record your daily gratitude list, journaling, for creating lists, for scheduling, organizing and recording your thoughts. Makes an excellent gift idea for birthdays, Christmas, anniversary, birthdays, coworkers or any special occasion. Perfectly sized at 6" x 9" 120 page Softcover bookbinding Fits in your bag Flexible Paperback

Bad News! If you feel like you might be suffering from emotional eating, this book will help you confirm those thoughts. BUT... GOOD NEWS is that if you are an emotional eater and you are wondering what you can do about it, this book will give you a step-by-step guide on how to begin your journey to recovery. Included is not only this step-by-step guide, but a wealth of information to help you understand exactly why you crave the foods that you do and how the chemicals contained in the food are acting on your brain to keep you addicted and craving them day after day. This book not only gives you this information and the information you will need to know that you need to make a change, but it is also chock-full of solutions for you to make lasting change. This book involves lots of self-reflection, and it requires effort, but you will get out what you put into it. When you put in effort and do the work this requires in terms of self-reflecting and going within to discover the answers that only you can discover, you will finish Emotional Eating having learned so much about yourself, about what makes you do the things you do, and about what you wish to change and how to change it. This book is an invaluable source for those who want to make a change in their relationship with food, but they don't know how to do it or where to start. Many of us have a rocky relationship with food that we may have learned as children, but we do not recognize usually. Emotional Eating will help you recognize this. Treating a problem always begins with identifying the problem. Emotional Eating will help you to identify the problem. There are few books out there with an interactive guide to identifying the problem and then beginning to remedy it interactively. Emotional Eating contains both in one without you ever needing to step into the office of a therapist or a psychologist. Everything you need is already within you, and Emotional Eating helps you to find these things for yourself. This book will allow you to have lasting results because you will know how to go within and see what you are looking for if you ever need to later in your life. Inside Emotional Eating, you will discover: If you suffer from emotional eating by learning what makes an emotional eater The difference between actual hunger and emotional hunger What makes you crave those unhealthy snack foods and how it affects your brain to improve your mood temporarily Struggling with what snacks are healthy when you need a quick bite? Includes options for substituting your favorite snack foods with healthier options A workbook for you to figure out exactly what type of eater you are and what is causing it, as well as to journal your thoughts and feelings about it all A meal plan with healthy and tasty options for breakfast, lunch, and dinner A guide to how exercise will help you to change and sample exercises to start with Start taking care of yourself. Make the first step. Read this book.Scroll up to the top of the page and click "Buy now" button.

Learn Inner Nurturing and End Emotional Eating If you regularly eat when you're not truly hungry, choose unhealthy comfort foods, or eat beyond fullness, something is out of balance. Recent advances in brain science have uncovered the crucial role that our early social and emotional environment plays in the development of imbalanced eating patterns. When we do not receive consistent and sufficient emotional nurturance during our early years, we are at greater risk of seeking it from external sources, such as food. Despite logical arguments, we have difficulty modifying our behavior because we are under the influence of an emotionally dominant part of the brain. The good news is that the brain can be rewired for optimal emotional health. When Food Is Comfort presents a breakthrough mindfulness practice called Inner Nurturing, a comprehensive, step-by-step program developed by an author who was herself an emotional eater. You'll learn how to nurture yourself with the loving-kindness you crave and handle stressors more easily so that you can stop turning to food for comfort. Improved health and self-esteem, more energy, and weight loss will naturally follow.

Be a Badass with a Good Ass

My Mindful Eating Journal

Smart Women

You've Got This!

The Brain Over Binge Recovery Guide

A Proven Program to Break the Cycle of Bingeing and Out-of-Control Eating

A Simple and Personalized Plan for Ending Bulimia and Binge Eating Disorder

This book is a much-requested follow-up to *Brain over Binge* (2011), in which the author shared how she used a basic understanding of neuroscientific principles to overcome bulimia. In this sequel and companion volume, with the help of fellow specialists and authors Amy Johnson, Ph.D., Katherine Thomson, Ph.D., and others, Kathryn Hansen lays out those same principles—and many more—in a self-help format that educates and empowers binge eaters to pursue recovery efficiently and effectively. Although recovery is not the same for everyone, this book posits that there are only two essential goals that must be met to end bulimia and binge eating disorder: (1) learning to dismis urges to binge and (2) learning to eat adequately. As you work toward these goals with a streamlined focus, you will discover your own strength, develop your own insights, and put into practice ideas and behaviors that work uniquely and authentically for you. The *Brain over Binge Recovery Guide* is comprehensive in its length and scope, but utterly simple in its approach: You will read and use only what you need—continuing on in the book if you feel you need more information and guidance; putting it down and moving on with your life when you feel you're ready—so that you can start living binge-free as quickly and easily as possible.

Eating can be a source of great pleasure—or deep distress. If you've picked up this book, chances are you're looking for tools to transform your relationship with food. Grounded in dialectical behavior therapy (DBT), this motivating guide offers a powerful pathway to change. Drs. Debra L. Safer, Sarah Adler, and Philip C. Masson have translated their proven, state-of-the-art treatment into a compassionate self-help resource for anyone struggling with bingeing and other types of "stress eating." You will learn to: *Identify your emotional triggers. *Cope with painful or uncomfortable feelings in new and healthier ways. *Gain awareness of urges and cravings without acting on them. *Break free from self-judgment and other traps. *Practice specially tailored mindfulness techniques. *Make meaningful behavior changes, one doable step at a time. Vivid specially tailored examples and stories help you build each DBT skill. Carefully crafted practical tools (you can download and print additional copies as needed) let you track your progress and fit the program to your own needs. Finally, freedom from out-of-control eating—and a happier future—are in sight. Mental health professionals, see also the related treatment manual, *Dialectical Behavior Therapy for Binge Eating and Bulimia*, by Debra L. Safer, Christy F. Teich, and Eunice Y. Chen.

Do you eat when you're not hungry? Or eat as you're angry and upset? Do you eat to control your feelings? Allen Carr's Easyway is the most successful self-help stop-smoking method of all time. It has helped millions of smokers all over the world to quit, and has since been used to treat other addictions such as drinking and gambling. Allen Carr's Easyway method works by unravelling the brainwashing that leads us to desire the very thing that is harming us, meaning that we are freed from the addiction rather than merely restricting our behavior. The Easyway method has now been applied to the problem of emotional eating. With Allen Carr's Easyway method, you can eat as much of your favorite foods as you want, whenever you want, and be the exact weight you want to be, without dieting, special exercise, using willpower or feeling deprived. Do you find that difficult to believe? Read this book. What people say about Allen Carr's Easyway method: "The Allen Carr program was nothing short of a miracle." Anjelica Huston "His skill is in removing the psychological dependence." The Sunday Times "I know so many people who turned their lives around after reading Allen Carr's books." Sir Richard Branson

Heal Your Hunger

Healing Emotional Eating from the Inside Out

My Food and Feelings Journal

A Revolutionary Program That Works

When Food Is Comfort

The Weight Within

My Food & Feelings Journal

A Reading Well: Books on Prescription Title Winner of the Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Seal of Merit! Do you have a binge eating problem or know someone who does? This authoritative book provides all the information needed to understand binge eating and bring it under control. Whether you are working with a therapist or on your own, clear, step-by-step guidelines will show you how to: overcome the urge to binge gain control over eating behavior reduce the risk of relapse establish stable, healthy eating habits. This unique book has been tested in controlled clinical research, and its success rate is outstanding. From a leading international expert, here is the advice, encouragement, and detailed guidance that can help you transform your relationship to food.

If you eat to help manage your emotions, you may have discovered that it doesn't work. Once you're done eating, you might even feel worse. Eating can all too easily become a strategy for coping with depression, anxiety, boredom, stress, and anger, and a reliable reward when it's time to celebrate. If you are ready to experience emotions without consuming them or being consumed by them, the mindfulness, acceptance, and dialectical behavior therapy (DBT) skills in End Emotional Eating can help. This book does not focus on what or how to eat—rather, these scientifically supported skills will teach you how to manage emotions and urges gracefully, live in the present moment, learn from your feelings, and cope with distress skillfully. This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

Two thirtysomethings try to find their way through the complications of post-marriage love in this beloved novel from #1 New York Times bestselling author Judy Blume. Margo and B.B. are each divorced, and each is trying to reinvent her life in Colorado—while their respective teenage daughters look on with a mixture of humor and horror. But even smart women sometimes have a lot to learn—and they will, when B.B.'s ex-husband moves in next door to Margo... Includes a New Introduction by the Author

Intuitive Eating, 2nd Edition

End Emotional Eating

Believe in Yourself

The Hunger Fix

The Emotional Eating Workbook

My Food Journal

Using Dialectical Behavior Therapy Skills to Cope with Difficult Emotions and Develop a Healthy Relationship to Food

98% of all diets fail because they don't address the crux of the problem: emotional eating. In this revolutionary look at the close link between eating and emotions, Tricia Nelson guides you on a path of healing. These seven simple steps will transform your eating, cure your cravings, and help you regain happiness, confidence, and freedom.If you are an emotional eater, binge eater, food addict, or sugar addict or suffer from any kind of disordered eating, this book will revolutionize your relationship with food. The obsession with food and weight is a symptom of something deeper. Learn how to identify and heal the root causes so you can stop battling your weight and start enjoying your meals, your body, and your life—without succumbing to crazy diets or exercise plans.Some juicy morsels you'll enjoy:* why "comfort foods" are so comforting* 3 hidden causes of emotional eating, and how to heal them* how to differentiate between physical and emotional hunger* the #1 weight loss mistake you should never make* how to manage stress before it drives you to the kitchen" In my 25 years of helping Americans upgrade their diets, I've seen how challenging overcoming emotional eating can be. Tricia's simple, yet powerful plan to heal the root causes of this problem will be a beacon of light to thousands of dieters." --JJ Virgin, New York Times best-selling author of *The Virgin Diet* and *The Sugar Impact Diet*Food addiction is one of the toughest of the addictions. It's also a symptom of deeper issues. Tricia does a superb job of clarifying what those issues are, and how anyone with addictive tendencies can begin to heal, once and for all."--Hyla Cass MD, author of *The Addicted Brain* and *How to Break Free*

The body's built-in reward system, driven by the chemical dopamine, tells us to do more of the things that give us pleasure: Creative energy, falling in love, entrepreneurship, and even the continued propagation of the human race are driven by this system. Unfortunately, so is the urge to overeat. In *The Hunger Fix*, Dr. Pam Peeke uses the latest neuroscience to explain how unhealthy food and behavioral "fixes" have gotten us ensnared in a vicious cycle of overeating and addiction. She even shows that dopamine rushes in the body work exactly the same way with food as with cocaine. Luckily, we are all capable of rewiring, and the very same dopamine-driven system can be used to reward us for healthful, exciting, and fulfilling activities. *The Hunger Fix* lays out a science-based, three-stage plan to break the addiction to false fixes and replace them with healthier actions. Fitness guides, meal plans, and recipes are constructed to bolster the growth of new neurons and stimulate the body's reward system. Gradually, healthy fixes like meditating, going for a run, laughing, and learning a new language will replace the junk food, couch time, and other bad habits that leave us unhappy and overweight. Packed with practical tips, useful advice, and plenty of wit, wisdom, and inspiring stories of those who have successfully transformed their bodies, *The Hunger Fix* is a life-changing program for anyone (of any size) trapped by food obsession and the urge to overeat.

Small Lined Ruled A5 Notebook (6 X9) Weight Loss Self-Help Workbook, End Emotional Eating Diary, Good Solution to Overcoming Binge Eating Disorder, Blank Journal to Write In, CBT Rescue Plan

Hungry for Happiness, Revised and Updated

Small Lined Ruled A5 Notebook (6" x 9") Weight Loss Self-Help Workbook, End Emotional Eating Daily Diary, Good Solution to Overcoming Binge Eating Disorder Blank Journal to Write in Food Exercise Rescue Plan for Emotional Detox CBT Motivation

Small Lined Ruled A5 Notebook (6" x 9") Weight Loss Self-Help Workbook, End Emotional Eating Diary, Good Solution to Overcoming Binge Eating Disorder, Blank Journal to Write In, Rescue Plan Emotional Detox, CBT Motivation

7 Simple Steps to End Emotional Eating Now

The 21-Day Program to Free Yourself From Emotional Eating

Food Diary