



# Break Free From Emotional Eating: Stop Overeating and Start Losing Weight

*Patricia Smith*

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How was yesterday for you? Did you find yourself overeating, **binge eating**, or stress eating even when you weren't hungry? Do you need to lose weight but this eating thing just gets in the way? Have you **failed** to combat emotional eating many, many times before?

Your emotional eating probably concerns you. You might not have a full blown eating disorder but eating in order to manage your emotions causes you to put on weight and have other health problems that drag your life down. You suspect that emotional eating **stops** you from living the life you were meant to lead.

But what if you could **beat** emotional eating once and for all and finally take control of your life?

What if you learned the **secrets** to winning the fight against eating too much, too often?

What if you finally could be at **peace** around food instead of white knuckling your way through meetings, family events, parties, and simply being alone at home?

### **Picture this:**

You walk into a holiday party room where there is a table laden with food, but instead of the focusing on the food, all you notice are the beautiful holiday decorations and the wonderful people you're going to spend time with.

### **Picture this:**

Every time you go into the break room at work you see a plate piled high with doughnuts...and you walk right past them without giving them a second thought.

### **Or, picture this:**

You are alone at home, watching TV, and you remember there is ice cream in the freezer. You wonder for a moment and check in with yourself but decide that no, you don't really want any, you'll go to bed instead.

With the help of *Break Free From Emotional Eating: Stop Overeating and Start Losing Weight*, this can be **you**.

In this book, you will learn:

- To **recognize** the triggers that set off emotional eating
- To use the tools that help **break the habit** of emotional eating
- How to **avoid the guilt and shame** that accompany perceived "failure"
- What to do to finally **relax** around food and eat normally

If you eat to calm yourself down, raise yourself up, make yourself happy, or provide comfort when you're sad, this is the book for you.

Whether you are struggling with emotional eating issues yourself and want to beat the problem once and for all, or you want to help someone you love to do so, this book is packed full of useful information that can help you wean from your addiction to food.

So, don't delay.

**Pick up your copy of *Break Free From Emotional Eating: Stop Overeating and Start Losing Weight Right Away!***

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