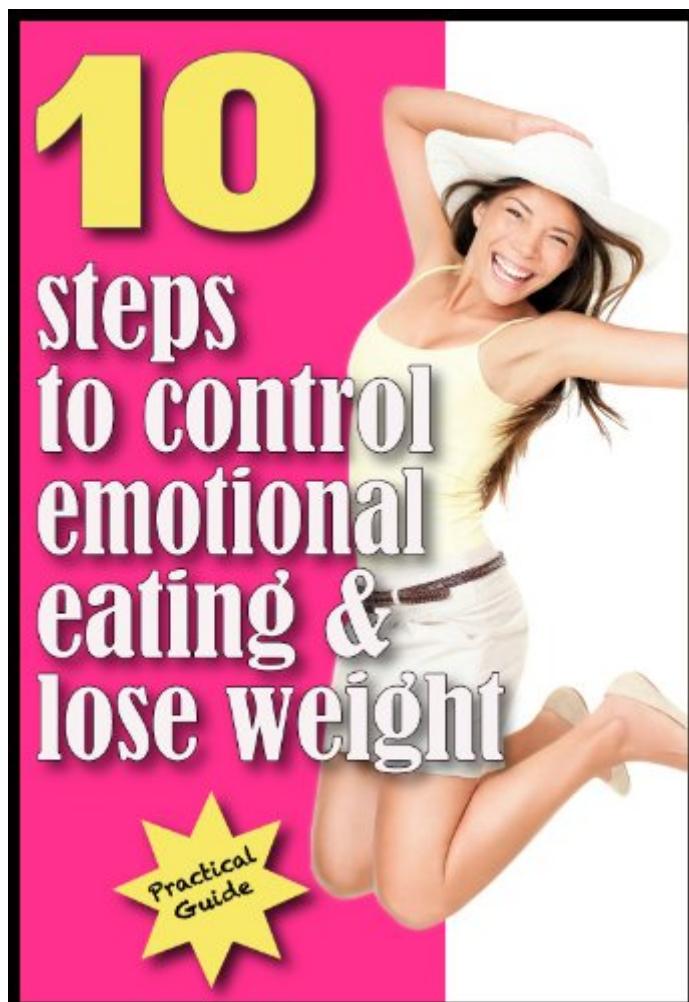


The book was found

# Emotional Eating Books: 10 Steps To Control Emotional Eating & Lose Weight (NLP)



## **Synopsis**

Do you find yourself eating out of boredom or anger? Are you also gaining weight and eating out of control? Like everyone else, I also tried diets that didn't help and after I realized that weight gain was the result of an emotional state I have yet to deal with, I began learning NLP and going through a process. Slowly, I understood the reasons for emotional eating, such as anger, boredom, etc. and I started to listen to the true needs of my body and identify situations in which I eat not out of real hunger but out of an emotional need. I changed my eating habits and as a result, I lost weight. I have prepared a guide that will help you stop emotional eating as well. We are all emotional eaters at a certain level. With the help of this book, you will understand: How to avoid emotional eating How to take small steps that will lead to significant changes How to not count calories but listen to your bodies Michaela Jones from California wrote about the book: "I have tried many diets in my life but they were short term and I gained the weight right back. With the help of the book, I understood that you can lose weight without a diet when you tune into your body, the pounds just start to fade away..." The book is currently on sale until the end of the month.

## **Book Information**

File Size: 266 KB

Print Length: 46 pages

Simultaneous Device Usage: Unlimited

Publication Date: June 4, 2013

Sold by: Digital Services LLC

Language: English

ASIN: B00D3KVQ02

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #1,326,570 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #40 in Kindle Books > Health, Fitness & Dieting > Children's Health > Eating Disorders #792 in Kindle Store > Kindle eBooks > Nonfiction > Self-Help > Eating Disorders & Body Image #1129 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Children's Health

## **Customer Reviews**

The book is an easy and welcome read for anyone who has tried to lose weight on her own. Anyone who never found peace with himself will love this book. The author has the clear experience in this matter and I am grateful for this great book. -talya paz

I liked the philosophy of this book, and how it explains the link between my eating and my emotional state. I was pleasantly surprised to find that a lot of the advice included made a lot of sense to me. For example, I found the chapter on self esteem particularly interesting. Each chapter offers small steps in the process of reducing the amount of food you eat by getting you to ask questions about why you eat, and what purpose over eating serves in your mind. I feel I'll go back and 'dip in' to the various chapters as time goes on, as each has proven very useful to me so far. I really got a lot out of this book.

This book highlights the common issues that many people have who struggle with their weight. The book explains how we need to reprogram the way that we think about food. The book has helpful information about how to overcome emotional eating. It also explains WHY people struggle with diets. This book changed my way of thinking about food and eating. It has several helpful tips and ideas to stop yourself from overeating. It gives you ideas to deal with your emotions other than eating so you can live a more healthy lifestyle.

the book explains how to listen to what we really want, and how to treat ourselves with respect and love that we may not have gotten anywhere else. How we don't pay attention to really how our bodies feel

I think Mor does a great job explaining the harmful effects of dieting. For instance, dieting actually increases cravings making us fail. Additionally, dieting strengthens an already negative relationship with food causing feels of guilt and low self esteem. Mor provides useful techniques that really work allowing us to change our relationship with food in order to lose weight. Definitely worth a try and very reasonably priced!

The book really emphasizes that the mind and simple exercise are the key to become and stay slim. But sometimes it seems a little bit redundant. A Drawback was that real nlp methods (swap technique, modelling, mental goal exercises) were not mentioned, although the title claims this. However, just by reading the book you become motivated and you memorize this really true

insight that emotional eating will make matters worse and that you CAN stop it. The basic messages of the book would be only a short list, but I believe that it is always - as long as a book is roughly written about the claimed topic- about the time spend with messages. If I were to say to you "emotional eating makes everything worse" , you would probably just agree, shrug and continue eating as you used to. However, if you spend your whole life exercising and helping people loosing weight and seeing emotional eating making everything worse, this little sentence would probably suffice to let you drop your piece of pizza. Altogether the book helps you getting more insight, but it is not really about specific NLP methods as introduced by Anthony Robbins or Richard Bandler, etc. For the price it is a good starting point, and maybe I will purchase The NLP Diet: Teach Yourself by Jeff Archer, just to see whether that comes up with some specific techniques. But as already mentioned, it is always about the memorisation and knowledge about simple truths and messages which will help you improving your life, so reading 2 books in your leisure time can only help you. Besides, there is this effect that I would call "anti-sunk-costs effect": You think "I have put so much time ( and money) in this topic, I MUST do something about it now, otherwise it would be just wasted time", so you start following the principles introduced, which can be nothing but the best consequence of reading such books, right?

It was too basic and had no substance. I could have googled this material off of an online fitness magazine article and Cosmo. Adding love relationships and sex as a requirement for fulfillment in life was 1 step. How awkward was this book.

I realized that I should eat according to what my body wants. The best thing I learned from this book is that waiting to eat only when you're physically hungry can be more healthierAnd right to the body.

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