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26 Tips - How To Stop Binge Eating*

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Podcast 195: *How to overcome emotional eating + tips on how to deal with any eating disorder*
Thurs 02-05 WLL ... *Review Week: Breaking Free From Emotional Eating*
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Amazon.co.uk: Geneen ...

Breaking Free goes hand in hand with a book I read previously, *Eating Awareness Training*.

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While EAT focuses on learning to hear and trust your own body, *Breaking Free* gets down to the nitty-gritty of helping you figure out why you eat when you aren't actually hungry for food. I really like this mindfulness and body awareness approach.

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Breaking Free from Emotional Eating by Geneen Roth - Books ...

Geneen Roth is a writer and a teacher who has gained international prominence through her work in the field of eating disorders. She is the founder of the Breaking Free workshops, which she has conducted nationwide since 1979. She is also the author of *Feeding the Hungry Heart*, *Breaking Free from Compulsive Eating*, and *When Food is Love*.

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There is an end to the anguish of emotional eating—and this book explains. And then, like the Cookie Burglar, they spend most of their free time planning find yourself breaking locks at 3 in the morning to get to the coffee cake.

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Breaking Free from Emotional Eating: Roth, Geneen ...

Geneen Roth is a writer and a teacher who has gained international prominence through her work in the field of eating disorders. She is the founder of the Breaking Free workshops, which she has conducted nationwide since 1979. She is also the author of *Feeding the Hungry Heart*, *Breaking Free from Compulsive Eating*, and *When Food is Love*.

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Roth ...

The 14 Step Plan for Breaking Free from Emotional Eating 1. Practice asking yourself why you are eating or why you are feeling hungry instead of focusing solely on what to eat. This helps you identify the root cause of your overeating. 2. Create a clear picture of what "peace with food" means for you.

The 14 step plan for breaking free from emotional eating ...

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international prominence through her work in the field of ...

Breaking Free From Emotional Eating

There is an end to the anguish of emotional eating—and this book explains how to achieve it. Geneen Roth, whose *Feeding the Hungry Heart* and *When Food Is Love* have brought understanding and acceptance to tens of thousands of readers over the last two decades, here outlines her proven program for resolving the conflicts at the root of overeating.

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On Break Free from Emotional Eating, Geneen Roth reminds us of the joy and pleasure that eating is meant to bring us, helping us reclaim a healthy relationship with food through five key principles. 5 out of 5 stars. This is a good intro but . . . By Kate+Mitchell Powell on 03-22-13.

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