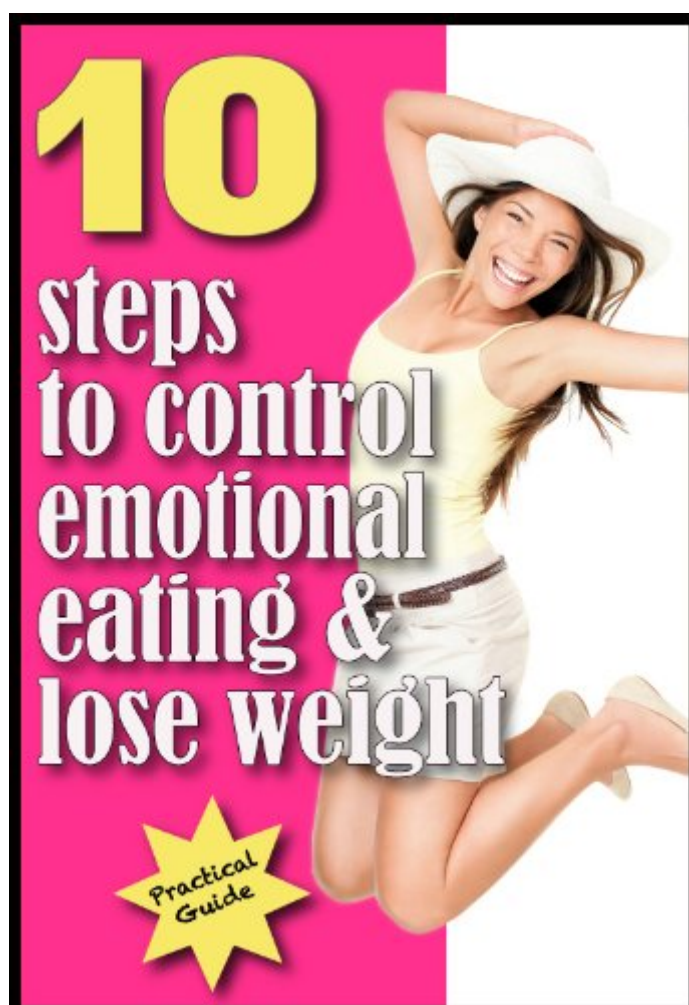


The book was found

# 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

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Store > Kindle eBooks > Nonfiction > Self-Help > Eating Disorders & Body Image #1371 inÂ Kindle

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## Customer Reviews

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 losing 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 Brandler, 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?

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 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

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 thought I was going to get advice on how to use NLP to work with losing weight, instead a whole bunch of good advice, with good intention but nothing that we already know.

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.

Although some of this may be information you have heard before, he also discusses things you never thought about. All in all this was a good read.

The book is written simply and refers to the really important things. Diets are really temporary and do not help. Self-belief and inner values are what bring a real change. Big Like!

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NLP: The Unlimited Power of NLP: The Art of Mental Training, Influence and Goal Achievement (NLP techniques, NLP confidence, NLP leadership) (Neuro-Linguistic Programming) Emotional Eating Books: 10 steps to control emotional eating & lose weight (NLP) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) NLP: Persuasive Language Hacks: Instant Social Influence With Subliminal Thought Control and Neuro Linguistic Programming (NLP, Mind Control, Social Influence, ... Thought Control, Hypnosis, Communication) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers, Sugar free detox, Healthy ... Eating Cookbook, Loss weight Fast, Eat thin) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) NLP: Maximize Your Potential- Hypnosis, Mind Control, Human Behavior and Influencing People (NLP, Mind Control, Human Behavior) NLP for Fast Weight Loss: How to Lose Weight with Neuro Linguistic Programming - Program Your Weight Loss Success Now Emotional Intelligence: Why You're Smarter But They Are More Successful (Emotional intelligence leadership, Emotional Quotient, emotional intelligence depression, emotional intelligence workbook) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet,

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