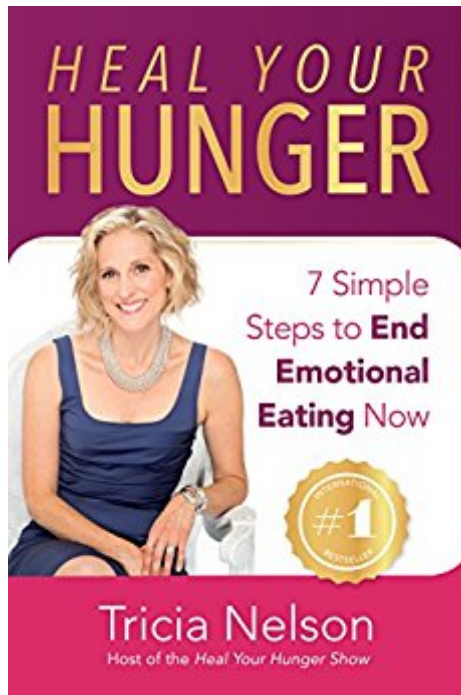




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# Heal Your Hunger: 7 Simple Steps To End Emotional Eating Now



## Synopsis

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 and it's 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*

## Book Information

File Size: 7405 KB

Print Length: 174 pages

Simultaneous Device Usage: Unlimited

Publication Date: April 24, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B01NCYXYH8

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #60,770 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Pathologies > Dissociative Identity #14 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Holistic #14 in Books > Health, Fitness & Dieting > Aging > Diets & Nutrition

## Customer Reviews

Having been obese for the first part of my life, I understand intimately how hard it is to overcome emotional eating. Tricia does a beautiful job illuminating why so many people stuff their emotions with food. I especially appreciate how much detail she goes into to help the reader understand what emotional eating is all about. It's one thing to say people eat for emotional reasons, it's another to really dig into what those emotional reasons really are. Tricia offers ways to overcome this that can profoundly change your life and relationship to food. I think anyone who has a history of fighting food and weight will find incredible value from this book!

There are lots of diet books but Heal Your Hunger is unique. It is very clear, great drawings and you want to get right into it. Reminds me of SmokeEnders years ago, a successful stop smoking program. Mimi C.

I liked this book. I feel the self care section is probably the most valuable. There was a lot of repetition and a lot of trying to sell you on buying into the program on her website. For those who aren't into it there is a lot of mention of God. She does preface it by saying it doesn't need to be a religion thing but a spiritual thing but if you aren't into that kind of thing it may put you off.

Outstanding! Tricia Nelson has written a compassionate and accessible book on why people have issues with food. The book offers useful and caring tools to regain one's self. Thank you Tricia!

An eye-opener! This book digs past that first 'obvious' layer of emotional eating to help you get a better understanding of what is really going on. Thank you, Tricia for opening my eyes!

This is the answer I have been looking for in ending emotional eating. The seven simple steps are truly simple steps that work! Being able to identify the reason(s) for turning to food for anything other than fuel is the first step in ending the madness and healing! Highly recommend this book!

An easy read on a very complex issue. I recommend this journey to self discovery and healthier living for anyone.

Good info, passed it on to a friend.

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Hunger Games (Hunger Games Trilogy, Book 1) The Hunger Games (The Hunger Games, Book 1)  
Big Hunger: The Unholy Alliance between Corporate America and Anti-Hunger Groups (Food,  
Health, and the Environment)

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