



Stop Emotional Eating!: An Introductory Guide to Ending Emotional Eating Forever!

By Ron Kness

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Let me start by asking you a few questions.Are you at your perfect healthy weight range? If not, does this make you feel down? Maybe even make you sad. Does it seem like you ve tried everything in your power to halt the weight gain, and yet, despite your best intentions, you re still plagued with: Not knowing why weight seems to mysteriously appear on the scales Not recognizing the amount of food you are putting in your mouth Not knowing how to control your eating when bored, sad or upset If this describes you, then you are in luck today. First, you are NOT alone! It may seem like it sometimes, but not knowing why you reach for yummy food in the cupboard without being hungry or eating when sad is far more common than you d think. I ought to know, because I ve been in the same spot before. If you or a loved one is suffering with gaining weight through unconscious eating and are looking for the solution to finally end...

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