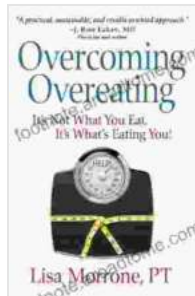


Overcoming Overeating: Break Free from the Cycle of Bingeing and Emotional Eating



Overcoming Overeating by Lisa Morrone

★★★★☆ 4.3 out of 5

Language	: English
File size	: 1068 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 193 pages
Lending	: Enabled



Rediscover a Healthy Relationship with Food and Yourself

Overcoming overeating is not just about willpower or following a restrictive diet. It's about understanding the underlying emotional and psychological factors that drive our unhealthy eating habits.

In her groundbreaking book, *Overcoming Overeating*, Lisa Morrone, a registered dietitian and renowned expert in eating disorders, shares her revolutionary approach to breaking free from compulsive eating.

The Revolutionary Approach

Morrone's approach is based on the recognition that overeating is often a symptom of deeper emotional issues. She guides readers through a transformative journey of self-discovery, helping them to:

- Identify the emotional triggers that lead to overeating
- Develop healthy coping mechanisms for stress, anxiety, and boredom
- Build a positive body image and self-esteem
- Create a balanced and satisfying relationship with food

Practical Strategies and Tools

In addition to expert insights, the book provides practical strategies and tools that readers can implement right away. These include:

- Mindful eating techniques to increase awareness of hunger and fullness cues
- Cognitive behavioral therapy exercises to challenge negative thoughts about food and body
- Meal planning and portion control tips
- Exercises and activities to promote stress reduction and emotional regulation

Expert Insights from the Author

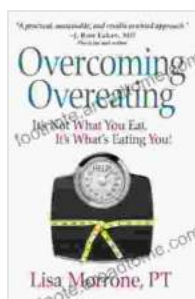
As a registered dietitian with over 20 years of experience, Morrone shares her first-hand knowledge and insights throughout the book. She provides:

- Case studies from her own practice, demonstrating the success of her approach
- Up-to-date research on the science of overeating
- Practical tips and advice for overcoming common challenges

Overcoming Overeating is an empowering guide that provides a roadmap to a healthier, more fulfilling life. By addressing the underlying emotional and behavioral factors, readers can break free from the cycle of bingeing and emotional eating and develop a balanced, positive relationship with food and themselves.

Free Download your copy today and embark on a transformative journey towards a life free from overeating.

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