

Breaking Free From Emotional Eating Geneen Roth

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

Breaking Free from Emotional Eating by Geneen Roth

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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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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.

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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.