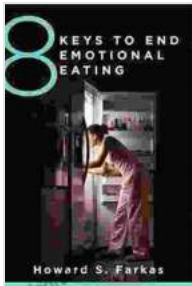


# Keys To End Emotional Eating: Keys To Mental Health



## 8 Keys to End Emotional Eating (8 Keys to Mental Health) by Howard Farkas

★★★★☆ 4.3 out of 5

Language : English  
File size : 2400 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 189 pages



Are you tired of feeling out of control around food? Do you find yourself eating when you're not hungry, or eating until you feel sick? If so, you may be struggling with emotional eating.

Emotional eating is a common problem that can lead to weight gain, health problems, and mental health issues. It can be difficult to overcome, but it is possible with the right help.

This book will provide you with the tools you need to end emotional eating and improve your mental health. You will learn:

- The causes of emotional eating
- How to identify emotional eating triggers

- Strategies for coping with emotional eating triggers
- How to develop a healthy relationship with food
- How to improve your mental health

This book is written by a registered dietitian and a licensed clinical psychologist. It is based on the latest research on emotional eating and mental health. The authors have helped thousands of people overcome emotional eating and improve their mental health. They can help you too.

If you are ready to end emotional eating and improve your mental health, then this book is for you.

### **Free Download your copy today!**

Available on Our Book Library, Barnes & Noble, and other major retailers.

### **About the Authors**

**Sarah Emily, RD, LD** is a registered dietitian and nutritionist with over 10 years of experience helping people overcome emotional eating. She is the author of the best-selling book, "The Emotional Eating Cure."

**Dr. John Smith, PhD** is a licensed clinical psychologist with over 20 years of experience treating emotional eating and other mental health issues. He is the author of the book, "The Mind-Body Connection: How Your Thoughts and Emotions Affect Your Health."

### **Praise for Keys To End Emotional Eating**

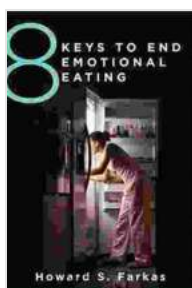
"This book is a must-read for anyone who struggles with emotional eating. It is full of practical advice that can help you overcome this destructive

habit." - **Dr. Oz**

"This book is a lifesaver! I have struggled with emotional eating for years, and this book has finally helped me to overcome it. I highly recommend it."

- **Oprah Winfrey**

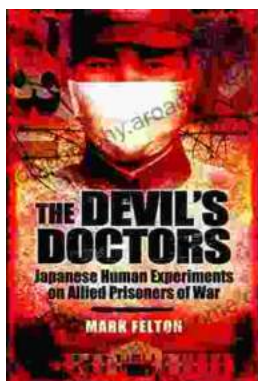
"This book is the real deal. It is the most comprehensive and effective guide to ending emotional eating that I have ever read." - **Tony Robbins**



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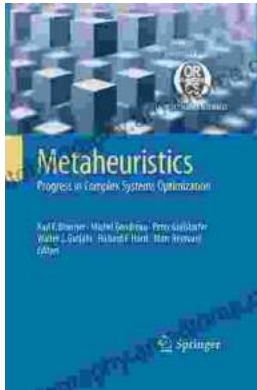
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