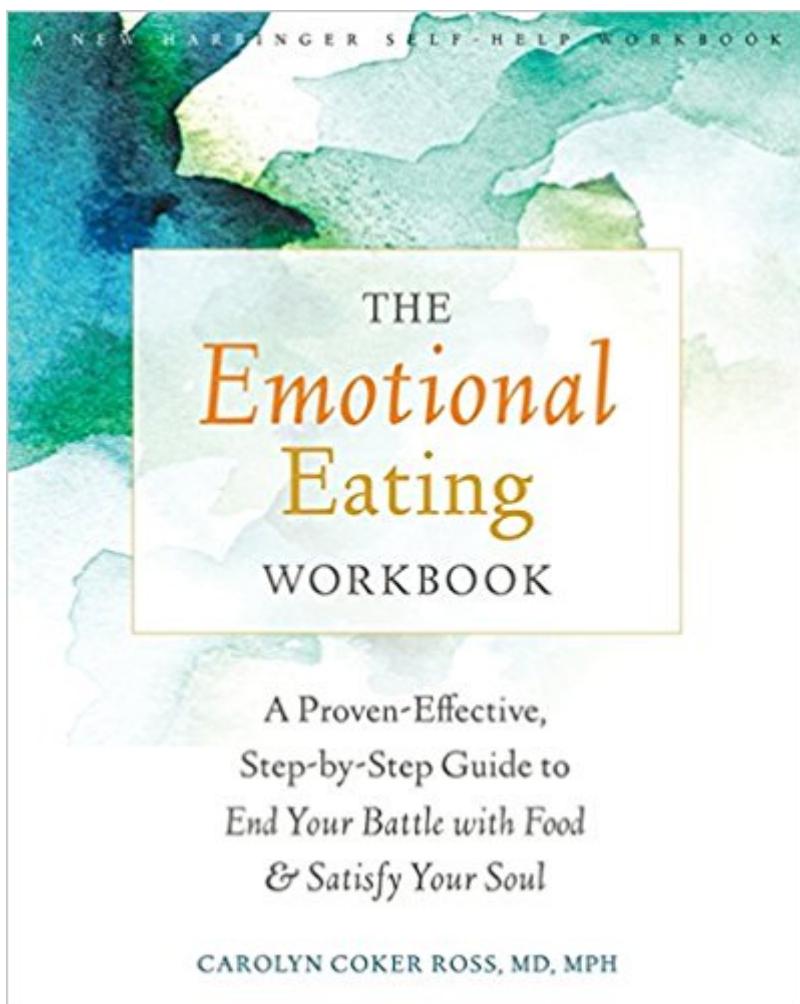


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# The Emotional Eating Workbook: A Proven-Effective, Step-by-Step Guide To End Your Battle With Food And Satisfy Your Soul



## Synopsis

When we constantly feel hungry and overeat, sometimes it's not about the food. In this important book, a weight management expert presents the proven-effective Anchor Weight Management System to help people finally end their struggles with emotional eating and weight gain. For over fifty years, nutritional and medical scientists have dissected the problem of obesity. The result of this half-century of investigation has been a series of recommendations about what and how much to eat, and an unintended consequence is that we've been deprived of the joy of eating. From low-fat diets to the no-carb craze, the market has been continually flooded with one assortment of fad products and diets after another. So, when does it end? If you're struggling with emotional overeating and are trying to lose weight, you should know that you don't need to deny yourself certain foods. In *The Emotional Eating Workbook*, you'll learn about the real psychological needs that underlie your food cravings, how to meet those needs in positive ways, be mindful of your body, and find the deep satisfaction many overeaters seek in food. It's not about food. It's about how food is used to self-soothe, numb ourselves against the pain of living, or self-medicate in coping with stress and unresolved emotions. The Anchor Program approach detailed in this book is not about dieting. It's about being anchored to your true, authentic self. When you find your unique anchor, you will relate better to your body, you'll know intuitively how to feed your body, and you'll reach the weight that's right for you.

## Book Information

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## Customer Reviews

“The Emotional Eating Workbook is a delightful, informative, and passionate tour of the underpinnings of emotional eating. It is filled with timely and effective tools designed to end one’s battle with food. As a reader-friendly text, it will serve as an important work in the treatment of emotional eating.” •Ralph E. Carson, RD, PhD, consultant for the Pine Grove Women’s Center at Pine Grove Behavioral Health and Addiction Services in Hattiesburg, MS, and board member of The International Association of Eating Disorders Professionals “The Emotional Eating Workbook nourishes body, mind, emotions, and spirit. Carolyn Ross’ inspired and accessible program enhances mindful awareness, which leads to more natural, authentic, and skillful choices. If emotional eating is a problem for you, this book holds the keys to a breakthrough.” •Joan Borysenko, PhD, author of The PlantPlus Diet Solution and Minding the Body, Mending the Mind “With compassion, wisdom, and creativity, Carolyn Ross’ The Emotional Eating Workbook can open a pathway to healing for individuals struggling with the complex issue of emotional eating. Ross’ approach looking at the core issues will help readers discover the underlying factors that drive their struggles with food. I highly recommend this valuable workbook!” •Wendy Oliver-Pyatt, MD, FAED, CEDS, executive director of the Oliver-Pyatt Centers, [www.oliverpyattcenters.com](http://www.oliverpyattcenters.com)

Carolyn Coker Ross, MD, MPH, is an integrated medicine physician, author, and nationally recognized speaker. She is a graduate of the University of Michigan Medical School, and an alumna of Andrew Weil’s integrative medicine program at the University of Arizona. Board certified in addiction medicine, Ross is former chief of the eating disorders program at Sierra Tucson, an internationally acclaimed addiction treatment center in Tucson, AZ. She is currently in private practice in Denver, CO, and San Diego, CA, and is a consultant for the Integrative Life Center in Nashville, TN, and other eating disorder and chemical dependency treatment centers nationally. She is author of *The Binge Eating and Compulsive Overeating Workbook*.

Good book with meaningful exercises that help you realize why eating is more about personal experiences than about actual food. Not a diet book that stresses deprivation, the author instead emphasises understanding how feelings about yourself formed your relationship with food and how you are already prepared to help yourself eat properly so food is both healthful and rewarding.

Great workbook to work through issues you hadn't explored. Great when paired with other books and plans.

Using with my patients that eat emotionally, very good workbook

I am working through the workbook now. It is quite thought provoking and really makes me get in touch feelings and memories that I had long buried, but not dealt with. It is a real eye-opener.

Dr. Ross is masterful in her approach to healing and creating positive change for those who struggle with emotional eating. In her latest book she combines her wisdom and experience, and addresses the healing process of emotional eating into a workbook with a clear straightforward approach. I recommend this book for anyone who has issues around food and weight, and I especially find it helpful using it in my practice with my clients.

It's really boring to read but extremely helpful and very knowledge based, I felt I intuitively knew all this stuff anyway but it's nice to have confirmation.

Carolyn Ross is an expert in the field of eating disorders and a highly regarded medical doctor, but she writes in clear and easy-to-understand language. Her books are not only informative and incredibly insightful, but also fun to read. This book offers helpful tools to work through the often confusing issues surrounding emotional eating. Far from a one-size-fits-all approach, Dr. Ross employs common-sense methods to create a "SIMPLE Plan" for lasting change. I highly recommend this book as well as her others for anyone wanting to get a handle on their eating habits.

I really appreciate the approach of this new book by Dr. Carolyn Ross. Even for those of us who are not binge eaters or obese, the issues she addresses on the origination of core beliefs and practicing gratitude on a daily basis were highly resonant with me. This book takes a comprehensive approach that gets deep inside the psyche and heals it well. It brings you back to your authentic self, which is at its very core, healthy, vibrant and loved. I recommend this book wholeheartedly to anyone who wants to understand themselves, their motivations and their relationships with food and the world.

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