



# Emotional Eating Books: 10 steps to control emotional eating & lose weight (NLP)

*Shirley Mor*

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## **Emotional Eating Books: 10 steps to control emotional eating & lose weight (NLP) Shirley Mor**

Do you find yourself eating out of boredom or anger?

Are you also gaining weight and eating out of control?

Like everyone else, I also tried diets that didn't help and after I realized that weight gain was the result of an emotional state I have yet to deal with, I began learning NLP and going through a process. Slowly, I understood the reasons for emotional eating, such as anger, boredom, etc. and I started to listen to the true needs of my body and identify situations in which I eat not out of real hunger but out of an emotional need. I changed my eating habits and as a result, I lost weight.

I have prepared a guide that will help you stop emotional eating as well. We are all emotional eaters at a certain level.

With the help of this book, you will understand:

How to avoid emotional eating

How to take small steps that will lead to significant changes

How to not count calories but listen to your bodies

Michaela Jones from California wrote about the book: "I have tried many diets in my life but they were short term and I gained the weight right back. With the help of the book, I understood that you can lose weight without a diet when you tune into your body, the pounds just start to fade away..."

The book is currently on sale until the end of the month.

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