



The Emotional Eater's Repair Manual: A Practical Mind-Body-Spirit Guide for Putting an End to Overeating and Dieting

Julie M. Simon

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Despite our best intentions, many of us find ourselves routinely overeating at meals, snacking mindlessly, or bingeing regularly. As emotional eaters, we turn to food for comfort, soothing, distraction, and excitement. There's a disconnection fueling our eating, robbing years from our lives, and we know it. We're tired of restrictive diets that lead back to overeating, and we're ready to try something different.

Therapist and life coach Julie Simon offers a new approach that addresses the true causes of overeating and weight gain: emotional and spiritual hunger and body imbalance. *The Emotional Eater's Repair Manual* presents five self-care skills, five body-balancing principles, and five soul-care practices that can end overeating and dieting forever. You'll learn to nurture yourself without turning to food, to correct body and brain imbalances that trigger overeating, and to address your soul's hunger. Weight loss, more energy, improved health, and self-esteem will naturally follow.

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