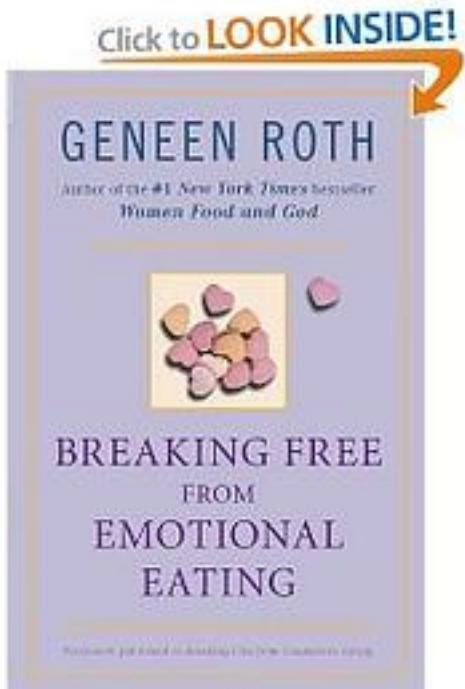


Breaking Free from Emotional Eating



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著者:Roth, Geneen

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There is an end to the anguish of emotional eating -- and this book explains how to achieve it. Geneen Roth, whose *Feeding the Hungry Heart* and *When Food Is Love* have brought understanding and acceptance to tens of thousands of readers over the last two decades, here outlines her proven program for resolving the conflicts at the root of overeating. Using simple techniques developed in her highly successful seminars, she offers reassuring, practical advice.

作者介绍:

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标签

认知

自制

暴食

心理学

心灵

评论

"Now we eat something because we weren't allowed to eat it before, because we saw someone eating. because we didn't eat it as a kid, because it's in the window and it looks good. We are still eating from external cues that have little to do with the body's need for a particular food at a particular time."

比起国内出版的神经性暴食读物 至少有用多了

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书评

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