

# Eating, Drinking, Overthinking

DR SUSAN NOLEN-HOEKSEMA

Author of the bestselling WOMEN WHO THINK TOO MUCH

# Eating, Drinking, Over- thinking

Women's  
Destructive Relationship  
with  
Food, Alcohol and Depression  
– and **how to break free**

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出版者:Holt Paperbacks

出版时间:2006-12-26

装帧:Paperback

isbn:9780805082609

A noted expert on women and depression offers a guide to balancing women's relationship to eating, alcohol, and overthinkingBased on extensive original research, "Eating, Drinking, Overthinking" is the first book to show women how they can navigate the often painful and destructive worlds of the title. While it is widely known that women suffer from depression in disproportionately large numbers, what is less well known is the extent to which many women use food and alcohol to regulate their moods. Integrating the insights of her popular first book, Women Who Think Too Much, Yale psychologist Susan Nolen-Hoeksema has written a pathbreaking and highly readable account of the ways in which eating, drinking, and overthinking, can wreak havoc on women's emotional well-being, physical health, relationships, and careers.As "Eating, Drinking, Overthinking" reveals, the coping strategies that lead women into the "toxic triangle" can be turned around to guide them out of it. Instead of letting negative thoughts gain the advantage, Nolen-Hoeksema provides exercises to help women manage their thoughts and maintain a balanced perspective.

作者介绍:

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