

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

By 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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- Sales Rank: #220436 in Books
- Published on: 2012-11-06
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x 6.00" w x .75" l, 1.05 pounds
- Binding: Paperback
- 360 pages

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Editorial Review

Review

“Reassuring and calm, informative and inspiring, this book is your lifeline to fixing your relationship with food and gaining the health you deserve.”
— **Neal D. Barnard, MD**, president, Physicians Committee for Responsible Medicine, Washington, DC, and author of *Breaking the Food Seduction*

“A must-read for anyone who struggles with overeating. Julie Simon offers a beautifully written, compassion-filled guide for ending emotional eating, yo-yo dieting, and poor health....Practical and inspirational.”
— **Rory Freedman**, coauthor of *Skinny Bitch*

“Breaks new ground and offers a fresh, heartfelt approach to an age-old problem. Highly recommended!”
— **Hyla Cass, MD**, author of *8 Weeks to Vibrant Health*

“By addressing all aspects of a woman’s inner and outer life — from her brain chemistry to the robustness of her social and spiritual connectedness — Julie Simon’s anti-diet approach gives women the tools they need to finally feel comfortable in their own skin.”
— **Sara Avant Stover**, author of *The Way of the Happy Woman*

“In this marvelous book, Julie Simon takes you on a journey of self-care and soul-care that will help you understand your emotional and spiritual hungers, heal your relationship with food, and bring balance and happiness into your life.”
— **John Robbins**, author of *Diet for a New America*

“*The Emotional Eater’s Repair Manual* may well be the last ‘weight loss’ book you will ever need to purchase. Julie Simon masterfully guides you off of the roller coaster of weight loss and emotional eating and into a positive, healthy relationship with food. With extraordinary insight and compassion, she walks you through a personal exploration that exposes the roots of your struggles with food and helps you to rebuild patterns of behavior that restore physical, emotional, and spiritual well-being.”
— **Brenda Davis, RD**, registered dietitian and coauthor of *Becoming Vegan*

About the Author

Julie M. Simon, MA, MBA, LMFT, is a licensed psychotherapist and life coach with more than twenty years of experience helping overeaters stop dieting, heal their relationships with themselves and their bodies, lose excess weight, and keep it off. A lifelong fitness enthusiast, she is also a certified personal trainer and the founder and director of the Los Angeles–based Twelve-Week Emotional Eating Recovery Program. She lives in Los Angeles.

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This The Emotional Eater's Repair Manual: A Practical Mind-Body-Spirit Guide for Putting an End to Overeating and Dieting book is simply not ordinary book, you have after that it the world is in your hands. The benefit you obtain by reading this book is definitely information inside this e-book incredible fresh, you will get info which is getting deeper you actually read a lot of information you will get. That The Emotional Eater's Repair Manual: A Practical Mind-Body-Spirit Guide for Putting an End to Overeating and Dieting without we understand teach the one who studying it become critical in considering and analyzing. Don't possibly be worry The Emotional Eater's Repair Manual: A Practical Mind-Body-Spirit Guide for Putting an End to Overeating and Dieting can bring once you are and not make your tote space or bookshelves' become full because you can have it with your lovely laptop even cell phone. This The Emotional Eater's Repair Manual: A Practical Mind-Body-Spirit Guide for Putting an End to Overeating and Dieting having excellent arrangement in word and layout, so you will not sense uninterested in reading.

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People live in this new day of lifestyle always aim to and must have the free time or they will get wide range of stress from both everyday life and work. So , when we ask do people have free time, we will say absolutely sure. People is human not really a huge robot. Then we request again, what kind of activity do you have when the spare time coming to anyone of course your answer will unlimited right. Then ever try this one, reading publications. It can be your alternative inside spending your spare time, the particular book you have read will be The Emotional Eater's Repair Manual: A Practical Mind-Body-Spirit Guide for Putting an End to Overeating and Dieting.

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