



Eat Q: Unlock the Weight-Loss Power of Emotional Intelligence

Susan Albers

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Susan Albers, Psy.D. presents a groundbreaking three-step program for conquering emotional eating—a practical, prescriptive, proactive approach using Emotional Intelligence that will help you slim down, eat healthfully and mindfully, and keep the pounds off.

Introduced by the author of the bestselling *The Hormone Cure*, Sara Gottfried MD, *Eat.Q.* goes beyond traditional diet books to explore the link between emotions and eating, revealing how, when you increase your Emotional Intelligence, you naturally increase your ability to successfully manage your weight. Explaining the link between a high Eat.Q. and a good relationship with food, clinical psychologist Dr. Albers guides you through the most common emotional barriers to healthy and mindful eating, and offers 25 tools and techniques you can use to tailor the plan to your individual needs.

Grounded in dozens of clinical studies that associate a low Emotional Intelligence with poor eating habits—including eating past fullness, eating when your angry or bored, and overeating favorite foods—*Eat.Q.* offers hope and help that works for anyone, no matter how many times they've tried to manage emotional eating in the past.

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Gabrielle Ponds:

A lot of people always spent their particular free time to vacation or perhaps go to the outside with them family members or their friend. Were you aware? Many a lot of people spent many people free time just watching TV, as well as playing video games all day long. If you want to try to find a new activity that's look different you can read a new book. It is really fun in your case. If you enjoy the book you read you can spent all day every day to reading a book. The book Eat Q: Unlock the Weight-Loss Power of Emotional Intelligence it doesn't matter what good to read. There are a lot of individuals who recommended this book. We were holding enjoying reading this book. If you did not have enough space bringing this book you can buy typically the e-book. You can m0ore easily to read this book from the smart phone. The price is not too expensive but this book possesses high quality.

Nicolas Olsen:

Eat Q: Unlock the Weight-Loss Power of Emotional Intelligence can be one of your beginner books that are good idea. All of us recommend that straight away because this publication has good vocabulary that may increase your knowledge in vocab, easy to understand, bit entertaining however delivering the information. The author giving his/her effort to place every word into joy arrangement in writing Eat Q: Unlock the Weight-Loss Power of Emotional Intelligence however doesn't forget the main position, giving the reader the hottest along with based confirm resource facts that maybe you can be considered one of it. This great information can certainly drawn you into completely new stage of crucial pondering.

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