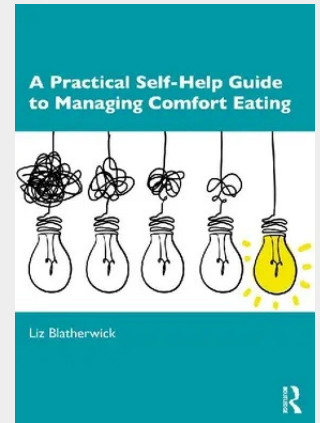


A Practical Self-Help Guide to Managing Comfort Eating

A Practical Self-Help Guide to Comfort Eating is a workbook that helps build understanding and make sense of emotional or comfort eating, and offers new ways to think about and manage relationships with food and weight. Based on a tried and tested ten-week course, the book uses an integrative therapeutic approach, underpinned by a transactional analysis ego-state model. It is intended to help readers work out what they might really be hungry for when they eat emotionally and help them better understand the underlying issues that contribute to their emotional eating. This workbook offers a range of skills and exercises that can help manage uncomfortable feelings without using food, and the reader is encouraged to try as much as they can and then begin to work out what works for them. With a wealth of case studies and exercises, this highly practical book will be helpful to anyone struggling between their emotional eating habits and their body weight.

A Practical Self-Help Guide to Comfort Eating is a workbook that helps build understanding and make sense of emotional or comfort eating, and offers new ways to think about and manage relationships with food and weight. Based on a tried and tested ten-week course, the book uses an integrative therapeutic approach, underpinned by a transactional analysis ego-state model. It is intended to help readers work out what they might really be hungry for when they eat emotionally and help them better understand the underlying issues that contribute to their emotional eating. This workbook offers a range of skills and exercises that can help manage uncomfortable feelings without using food, and the reader is encouraged to try as much as they can and then begin to work out what works for them. With a wealth of case studies and exercises, this highly practical book will be helpful to anyone struggling between their emotional eating habits and their body weight.



37,50 €

37,50 € (zzgl. MwSt.)

Lieferfrist: bis zu 10 Tage

Artikelnummer: 9780367619589

Medium: Buch

ISBN: 978-0-367-61958-9

Verlag: Routledge

Erscheinungstermin: 23.09.2021

Sprache(n): Englisch

Auflage: 1. Auflage 2021

Produktform: Kartoniert

Gewicht: 315 g

Seiten: 168

Format (B x H): 174 x 246 mm

