



Stop Eating Your Heart Out: The 21-Day Program to Free Yourself from Emotional Eating

Meryl Hershey Beck

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Stop Eating Your Heart Out speaks to anyone's challenges with food, weight, and emotional eating, and then offers a multitude of effective self-help tools. As the author discloses her very personal struggle with food and out-of-control eating, she is telling the story of millions of others who use food to self-soothe. The book's focus, however, is on recovery. In her wisdom as a licensed professional clinical counselor, the author enumerates methods that have worked for her and her clients over the past twenty years. Tools for recovery include Emotional Freedom Techniques (EFT), Inner Child work, 12 Step recovery, journaling, creative visualization, meditation, gratitude, conscious living, and so much more. Compulsive overeating is conquerable. If you, or anyone you love, want freedom from emotional eating, this book is for you.



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