



Outsmarting Overeating: Boost Your Life Skills, End Your Food Problems

By Karen R. Koenig

New World Library. Paperback. Book Condition: new. BRAND NEW, Outsmarting Overeating: Boost Your Life Skills, End Your Food Problems, Karen R. Koenig, Use Life Skills, Not Willpower, to Stop Overeating The reason you turn to food when you're stressed or distressed is that you don't have better ways of managing life's ups and downs. According to Karen R. Koenig, an expert on the psychology of eating, you can transform your eating habits -- and your life -- by developing effective life skills. When you have enhanced skills, you won't need to turn to mindless eating to make it through the day and will get the best out of life rather than letting life get the best of you. With Koenig's guidance, you'll learn how to establish and maintain functional relationships, take care of yourself physically and emotionally, think rationally, and create a passionate, joyful, and meaningful life. When these behaviors take root and become automatic, food becomes what it is meant to be: nourishment and one of life's many pleasures.



READ ONLINE
[5.43 MB]

Reviews

This book is really gripping and interesting. Of course, it is actually perform, still an interesting and amazing literature. You will not truly feel monotony at whenever you want of your time (that's what catalogues are for concerning when you request me).

-- **Claud Schaden**

This composed pdf is excellent. We have go through and that i am certain that i am going to likely to read again once more down the road. I am just happy to explain how this is basically the very best publication i have go through within my own daily life and can be he best publication for actually.

-- **Anika Kertzmann**