

## EMOTIONAL EATING: Is It Hunger... or Not?



You know the drill...every morning you commit to “being good” with your diet, you really mean it this time, but, as with most days, by mid-afternoon you’ve “blown it” and gone off your plan. So, you “give up”, overeat for the rest of the day and then try to start fresh again the next morning....

Sound familiar? It should, the majority of emotional eaters try to control food and their weight with this approach. Unfortunately, this **destructive pattern** erodes your esteem, undermines your confidence, and makes you feel like a failure! *Why don't you have more will power? Why can't you stay on track?*

This presentation will open your eyes to a **new way of relating to food and eating**. Learn more about **yourself**, your **hunger** and the **skills** you need to manage your emotional eating.

*~ What you need to know  
to change your eating forever! ~*

### PARTICIPANTS WILL LEARN:

- 🍴 Define emotional eating
- 🍴 Understand the impact of emotional eating on weight, self, and the quality of life
- 🍴 Understand the drive to eat (hunger, fullness and satiety) - It's not what - but when - to eat
- 🍴 Learn the biggest mistake people make in managing emotional eating
- 🍴 Discuss solutions for managing emotional eating

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*Call Today!*

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