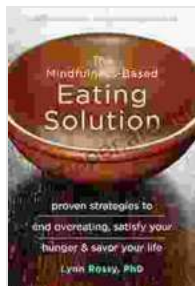


Proven Strategies to End Overeating, Satisfy Your Hunger, and Savor Your Life



The Mindfulness-Based Eating Solution: Proven Strategies to End Overeating, Satisfy Your Hunger, and Savor Your Life by Lynn Rossy PhD

★★★★☆ 4.6 out of 5

Language	: English
File size	: 2032 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 221 pages
X-Ray	: Enabled



Overcoming overeating is a challenge that many people face. It can be caused by a variety of factors, including emotional eating, mindless eating, and a lack of awareness of hunger and fullness cues. The good news is that there are proven strategies that can help you overcome overeating and achieve your weight management goals.

Understanding Overeating

Overeating is defined as consuming an excessive amount of food in a short period of time. It is often associated with feelings of guilt, shame, and regret. Overeating can lead to a number of health problems, including obesity, heart disease, and diabetes.

There are a number of factors that can contribute to overeating, including:

- Emotional eating: Eating in response to negative emotions, such as stress, anxiety, or boredom.
- Mindless eating: Eating out of habit or boredom, without paying attention to hunger cues.
- A lack of awareness of hunger and fullness cues: Not being able to recognize when you are hungry or full.
- Certain food environments: Eating in places where food is easily accessible, such as at work or school.

Proven Strategies to End Overeating

There are a number of proven strategies that can help you overcome overeating. These strategies include:

- Identifying your triggers: Identifying the situations, emotions, or thoughts that trigger your overeating.
- Mindful eating: Paying attention to your food and eating slowly and deliberately.
- Intuitive eating: Eating when you are hungry and stopping when you are full.
- Cognitive behavioral therapy (CBT): A type of therapy that can help you change your thoughts and behaviors related to overeating.
- Medication: In some cases, medication may be helpful in treating overeating.

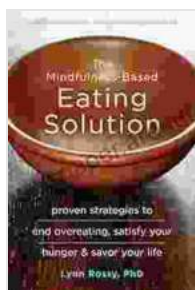
Overcoming Overeating for Good

Overcoming overeating is not easy, but it is possible. By following these proven strategies, you can break free from emotional eating patterns, cultivate mindful eating habits, and achieve sustainable weight management. Remember, you are not alone in this journey. There are many resources available to help you overcome overeating and achieve your goals.

If you are struggling with overeating, don't give up. With the right help and support, you can overcome this challenge and achieve a healthy and fulfilling life.

Additional Resources

- National Eating DisFree Downloads Association
- Eating Recovery Center
- Mayo Clinic: Binge Eating DisFree Download



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