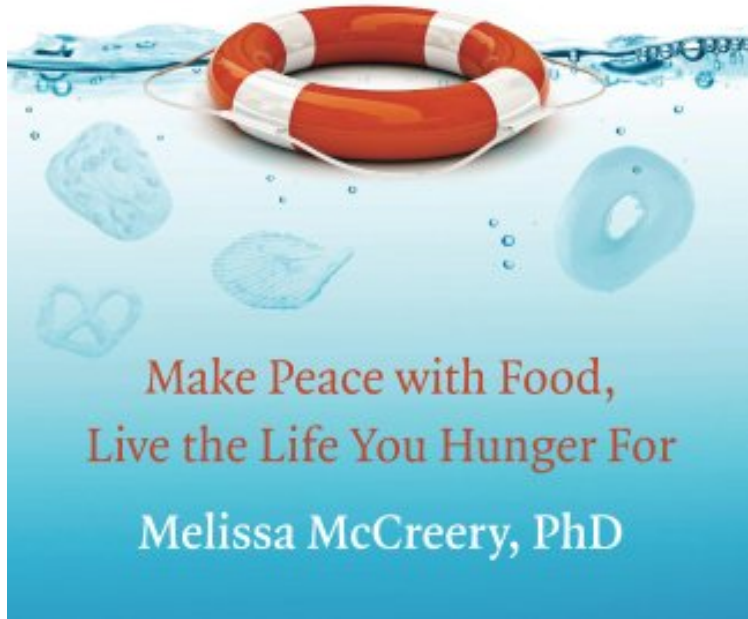


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# The Emotional Eating Rescue Plan for Smart, Busy Women: Make Peace with Food, Live the Life You Hunger For (English Edition)

## The Emotional Eating Rescue Plan for Smart, Busy Women



Par *Melissa McCreery*  
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emotional eating and overeating designed specifically for high-performing, busy women ready to take control of their eating and their weight. Based on thousands of hours of work with smart women struggling to stop overeating, this 28 day plan walks you through the steps to: Take control of stress eating, comfort eating, and other types of emotional eating Say goodbye to guilt, shame, and feeling frustrated with yourself Discover what you really crave and how to really feed yourself Create solutions that dont leave you feeling hungry and deprived Design your recipe for lasting weight loss even when you are busy and have a lot on your plate."This is a book you will write in, cry on, and take into the bath. This is a book that has the power to change your relationship to food and emotional eating - forever. Read it and free yourself to be fully and wholly who you are meant to be." Jennifer Louden, author of *The Woman's Comfort Book* and *The Life Organizer* If youve been stuck on the weight loss hamster wheel, your brain is probably full of clutter advice and strategies that just don't work for you or your busy life. Dr. McCreerys book helps you organize and take control of your relationship with food once and for all, allowing the other pieces of your life to fall into place. It all makes perfect sense! Lorie Marrero, creator of *The Clutter Diet* and author of *The Home Office Handbook: Rules of Thumb for Organizing Your Time, Information, and Workspace*

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