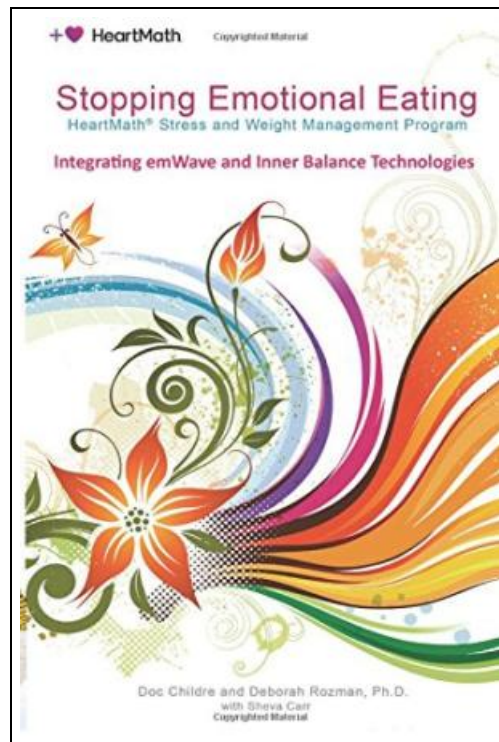


Stopping Emotional Eating: Heartmath Stress and Weight Management Program (Paperback)



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Reviews

It is great and fantastic. Sure, it is actually perform, nevertheless an amazing and interesting literature. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Ivy Hilll DDS)

STOPPING EMOTIONAL EATING: HEARTMATH STRESS AND WEIGHT MANAGEMENT PROGRAM (PAPERBACK)



Waterfront Digital Press, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This solution is not a typical weight loss program. This may be the only weight management program that doesn't focus on what you eat, but rather on what you feel. It is about understanding and eliminating emotional eating - stress eating. The Stopping Emotional Eating program offers step by step instruction on how to manage and release emotional reactions and clear emotional undercurrents to achieve a new baseline behavior (a neural habit change). As you practice the steps it facilitates weight management and a healthier relationship with food and eating. You won't see any food lists or exercise regimens. While these are important aspects in reducing weight and improving health, this program focuses on what researchers at the HeartMath Institute have found to be the first and most important aspect of weight management: regulating your emotions. To reset your stress response more quickly and track your progress, this program is best used with the HeartMath technology products (Inner Balance, emwave2 or emWave Pro) to reset your stress response and track your progress. It's known that 98 of people who lose weight do not keep the weight off. I think that's because they don't do the psychological and emotional part of it too. For me, having HeartMath and the emWave for the psychological component has been the key to my lasting weight loss success. - Susan M., Vice President, Marketing Public Relations This is a GREAT program! You get calm and you lose weight all at the same time! - Colleen Y., Administrative Secretary If it hadn't been for the hope this program gave me and measurements that the emWave provided, I would not be where I...

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