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Therapist and life coach Julie Simon offers a new approach that addresses the true causes of overeating and weight gain: emotional and spiritual hunger and body imbalance. The Emotional Eater's Repair Manual presents five self-care skills, five body-balancing principles, and five soul-care practices that can end overeating and dieting forever. You'll learn to nurture yourself without turning to food, to correct body and brain imbalances that trigger overeating, and to address your soul ...

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With The Emotional Eater's Repair Manual, Simon has written a prescription for emotional eaters that is clear, frank and effective. Simon begins by explaining the problem...and the fact that another diet cannot possibly solve it.

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"With The Emotional Eater's Repair Manual, Simon has written a prescription for emotional eaters that is clear, frank and effective. Simon begins by explaining the problem...and the fact that another diet cannot possibly solve it. By framing the problem as emotional hunger, she is then able to explore how various forms of self-care can resolve the insanity that goes along with chronic overeating. The book is divided into three sections: mastering self-care skills, tuning up biochemistry ...

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Emotional Eater's Repair Manual

Review of "The Emotional Eater's Repair Manual" By Julie M. Simon New World Library, 2012 Review by Lynne Trevisan on Oct 8th 2013. The title does not do this book justice. In fact, in this author's opinion, the title limits the number of people who will read this book because many will think "I am not an emotional eater; therefore, I do not ...

Review - The Emotional Eater's Repair Manual - Eating ...

Therapist and life coach Julie Simon offers a new approach that addresses the true causes of overeating and weight gain: emotional and spiritual hunger and body imbalance. The Emotional Eater's Repair Manual presents five self-care skills, five body-balancing principles, and five soul-care practices that can end overeating and dieting forever. You'll learn to nurture yourself without turning to food, to correct body and brain imbalances that trigger overeating, and to address your soul's hunger.

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The Emotional Eater's Repair Manual: A Practical Mind-Body ...

The Emotional Eater's Repair Manual - YouTube Despite our best intentions, many of us find ourselves routinely overeating at meals, snacking mindlessly, or bingeing regularly. As emotional eaters,...

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Read More "The Emotional Eater's Repair Manual" Julie Simon shares with Allen and Dr. Melody that whether you're trying to stop emotional eating, end a compulsive overeating problem, lose a large amount of weight, shed those last few pounds or just improve your health, The Emotional Eater's Repair Manual has something for everyone.

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Lucky for us, Julie developed an approach to put a permanent end to unhealthy eating driven by addictions, body imbalances, and painful emotions. Julie's book, *The Emotional Eater's Repair Manual: A Practical Mind-Body-Spirit Guide for Putting an End to Overeating and Dieting*, shares her discoveries.

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Relationship Repair Manual is clear and concise, with DIY exercises that allow for a personalised experience for couples in crisis. *Relationship Repair Manual* is a wonderful guide for couples who feel that they have lost the spark, as well as for new couples looking to avert crises by having this helpful book on hand as they grow together.

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What can loved ones of emotional eaters do to help? What emotional eaters most need is compassion, understanding, support and encouragement. Be patient with the emotional eaters in your life and let them know that you care about them and believe in them. Telling them to "just eat less and exercise more" is a recipe for disaster.

[A Conversation with Julie M. Simon, author of THE ...](#)

The Emotional Eater's Repair Manual: A Practical Mind-Body-Spirit. Despite our best intentions, many of us find ourselves routinely overeating at meals, snacking mindlessly, or bingeing regularly. As emotional eaters, we turn to food for comfort, soothing, distraction, and excitement. There's a disconnection fueling our eating, robbing years

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