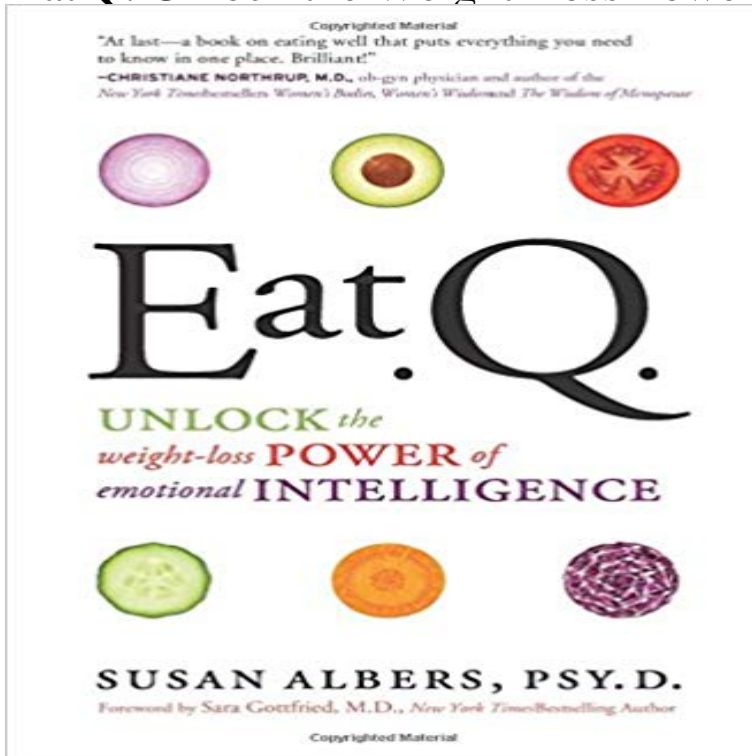


# Eat Q: Unlock the Weight-Loss Power of Emotional Intelligence



Susan Albers, Psy.D. presents a groundbreaking three-step program for conquering emotional eating a practical, prescriptive, proactive approach using Emotional Intelligence that will help you slim down, eat healthfully and mindfully, and keep the pounds off. Introduced by the author of the bestselling *The Hormone Cure*, Sara Gottfried MD, *Eat.Q.* goes beyond traditional diet books to explore the link between emotions and eating, revealing how, when you increase your Emotional Intelligence, you naturally increase your ability to successfully manage your weight. Explaining the link between a high *Eat.Q.* and a good relationship with food, clinical psychologist Dr. Albers guides you through the most common emotional barriers to healthy and mindful eating, and offers 25 tools and techniques you can use to tailor the plan to your individual needs. Grounded in dozens of clinical studies that associate a low Emotional Intelligence with poor eating habits including eating past fullness, eating when your angry or bored, and overeating favorite foods *Eat.Q.* offers hope and help that works for anyone, no matter how many times they've tried to manage emotional eating in the past.

**By Susan Albers Eat Q: Unlock the Weight-Loss Power of Emotional** Dr. Susan Albers, Author *Eat Q: Unlock the Weight-Loss Power of Emotional Intelligence*. OFFICIAL BOOK SITE. **Eat Q: Unlock the Weight-Loss Power of Emotional Intelligence** by Oct 8, 2013 Susan Albers, Psy.D. presents a groundbreaking three-step program for conquering emotional eating a practical, prescriptive, proactive **Eat Q: Unlock the Weight-Loss Power of Emotional Intelligence** Susan Albers - *Eat Q: Unlock the Weight-Loss Power of Emotional Intelligence* jetzt kaufen. ISBN: 9780062222763, Fremdsprachige Bucher - Gesund leben. **Eat Q: Unlock the Weight-Loss Power of Emotional Intelligence** Dec 2, 2015 - 2 min - Uploaded by Leann Langley *Eat Q: Unlock the Weight-Loss Power of Emotional Intelligence* Details : <http://book99download> **Eat Q: Unlock the Weight-Loss Power of Emotional Intelligence** *Eat Q: Unlock the Weight-Loss Power of Emotional Intelligence* D. presents a groundbreaking three-step program for conquering emotional eating a practical **Read Online Eat Q: Unlock the Weight-Loss Power of Emotional** *Eat Q* has 130 ratings and 26 reviews. Tracy said: I believe this book is really designed for people who know how and what to eat to be healthy and lose w **Eat Q Unlock the Weight-Loss Power of Emotional Intelligence** **Eat Q: Unlock the Weight-Loss Power of Emotional Intelligence** Find helpful customer reviews and review ratings for *Eat Q: Unlock the Weight-Loss Power of Emotional Intelligence* at . Read honest and unbiased **Eat Q: Unlock the Weight-Loss Power of**

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