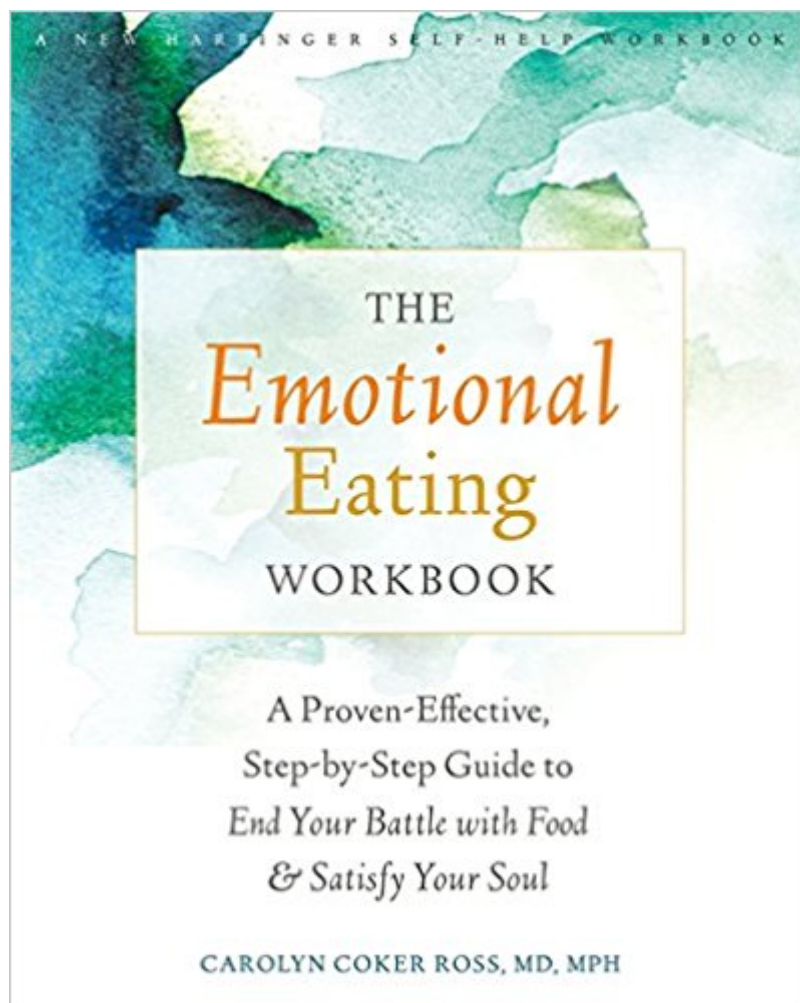




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# The Emotional Eating Workbook: A Proven-Effective, Step-by-Step Guide To End Your Battle With Food And Satisfy Your Soul



## Synopsis

When we constantly feel hungry and overeat, sometimes it's not about the food. In this important book, a weight management expert presents the proven-effective Anchor Weight Management System to help people finally end their struggles with emotional eating and weight gain. For over fifty years, nutritional and medical scientists have dissected the problem of obesity. The result of this half-century of investigation has been a series of recommendations about what and how much to eat, and an unintended consequence is that we've been deprived of the joy of eating. From low-fat diets to the no-carb craze, the market has been continually flooded with one assortment of fad products and diets after another. So, when does it end? If you're struggling with emotional overeating and are trying to lose weight, you should know that you don't need to deny yourself certain foods. In *The Emotional Eating Workbook*, you'll learn about the real psychological needs that underlie your food cravings, how to meet those needs in positive ways, be mindful of your body, and find the deep satisfaction many overeaters seek in food. It's not about food. It's about how food is used to self-soothe, numb ourselves against the pain of living, or self-medicate in coping with stress and unresolved emotions. The Anchor Program's approach detailed in this book is not about dieting. It's about being anchored to your true, authentic self. When you find your unique anchor, you will relate better to your body, you'll know intuitively how to feed your body, and you'll reach the weight that's right for you.

## Book Information

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## Customer Reviews

“The Emotional Eating Workbook is a delightful, informative, and passionate tour of the underpinnings of emotional eating. It is filled with timely and effective tools designed to end one’s battle with food. As a reader-friendly text, it will serve as an important work in the treatment of emotional eating.”  
• Ralph E. Carson, RD, PhD, consultant for the Pine Grove Women’s Center at Pine Grove Behavioral Health and Addiction Services in Hattiesburg, MS, and board member of The International Association of Eating Disorders Professionals  
“The Emotional Eating Workbook nourishes body, mind, emotions, and spirit. Carolyn Ross’s inspired and accessible program enhances mindful awareness, which leads to more natural, authentic, and skillful choices. If emotional eating is a problem for you, this book holds the keys to a breakthrough.”  
• Joan Borysenko, PhD, author of The PlantPlus Diet Solution and Minding the Body, Mending the Mind  
“With compassion, wisdom, and creativity, Carolyn Ross’s The Emotional Eating Workbook can open a pathway to healing for individuals struggling with the complex issue of emotional eating. Ross’s approach looking at the core issues will help readers discover the underlying factors that drive their struggles with food. I highly recommend this valuable workbook!”  
• Wendy Oliver-Pyatt, MD, FAED, CEDS, executive director of the Oliver-Pyatt Centers, [www.oliverpyattcenters.com](http://www.oliverpyattcenters.com)

Carolyn Coker Ross, MD, MPH, is an integrated medicine physician, author, and nationally recognized speaker. She is a graduate of the University of Michigan Medical School, and an alumna of Andrew Weil’s integrative medicine program at the University of Arizona. Board certified in addiction medicine, Ross is former chief of the eating disorders program at Sierra Tucson, an internationally acclaimed addiction treatment center in Tucson, AZ. She is currently in private practice in Denver, CO, and San Diego, CA, and is a consultant for the Integrative Life Center in Nashville, TN, and other eating disorder and chemical dependency treatment centers nationally. She is author of The Binge Eating and Compulsive Overeating Workbook.

Good book with meaningful exercises that help you realize why eating is more about personal experiences than about actual food. Not a diet book that stresses deprivation, the author instead emphasises understanding how feelings about yourself formed your relationship with food and how you are already prepared to help yourself eat properly so food is both healthful and rewarding.

Great workbook to work through issues you hadn't explored. Great when paired with other books and plans.

Using with my patients that eat emotionally, very good workbook

I am working through the workbook now. It is quite thought provoking and really makes me get in touch feelings and memories that I had long buried, but not dealt with. It is a real eye-opener.

Dr. Ross is masterful in her approach to healing and creating positive change for those who struggle with emotional eating. In her latest book she combines her wisdom and experience, and addresses the healing process of emotional eating into a workbook with a clear straightforward approach. I recommend this book for anyone who has issues around food and weight, and I especially find it helpful using it in my practice with my clients.

It's really boring to read but extremely helpful and very knowledge based, I felt I intuitively knew all this stuff anyway but it's nice to have confirmation.

Carolyn Ross is an expert in the field of eating disorders and a highly regarded medical doctor, but she writes in clear and easy-to-understand language. Her books are not only informative and incredibly insightful, but also fun to read. This book offers helpful tools to work through the often confusing issues surrounding emotional eating. Far from a one-size-fits-all approach, Dr. Ross employs common-sense methods to create a "SIMPLE Plan" for lasting change. I highly recommend this book as well as her others for anyone wanting to get a handle on their eating habits.

I really appreciate the approach of this new book by Dr. Carolyn Ross. Even for those of us who are not binge eaters or obese, the issues she addresses on the origination of core beliefs and practicing gratitude on a daily basis were highly resonant with me. This book takes a comprehensive approach that gets deep inside the psyche and heals it well. It brings you back to your authentic self, which is at its very core, healthy, vibrant and loved. I recommend this book wholeheartedly to anyone who wants to understand themselves, their motivations and their relationships with food and the world.

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Food and Satisfy Your Soul Emotional Intelligence: Why You're Smarter But They Are More Successful (Emotional intelligence leadership, Emotional Quotient, emotional intelligence depression, emotional intelligence workbook) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight loss, Eat Clean Diet Book The Mindfulness-Based Eating Solution: Proven Strategies to End Overeating, Satisfy Your Hunger, and Savor Your Life Emotional Intelligence: 3 Manuscripts - Emotional Intelligence Definitive Guide, Mastery, Complete Step by Step Guide (Social Engineering, Leadership, ... (Emotional Intelligence Series Book 4) Binge Eating: Cure Binge Eating, Overcome Food Addiction, and Rid Your Life of Eating Disorders (Binge Eating Cure Series Book 1) Emotional Eating Books: 10 steps to control emotional eating & lose weight (NLP) When Food is Food & Love is Love: A Step-by-Step Spiritual Program to Break Free from Emotional Eating The Joy of Eating Well: A Practical Guide to- Transform Your Relationship with Food- Overcome Emotional Eating- Achieve Lasting Results Whole Food: The 30 day Whole Food Ultimate Cookbook 100 recipes (Whole Food Diet, Whole Food Cookbook, Whole Food Recipes, Clean Eating, Paleo, Ketogenic) Stop Eating Your Heart Out: Digital Workbook: The 21-Day Program to Free Yourself from Emotional Eating Food Truck Business: How To Start Your Own Food Truck While Growing & Succeeding As Your Own Boss (Food Truck, Food Truck Business, Passive Income, Food ... Truck Startup, Food Truck Business Plan,) Emotional Intelligence: The Complete Step by Step Guide on Self Awareness, Controlling Your Emotions and Improving Your EQ (Emotional Intelligence Series Book 3) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers, Sugar free detox, Healthy ... Eating Cookbook, Loss weight Fast, Eat thin) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) The Detrimental Effects of Emotional Abuse: How Emotional Abuse and Emotional Elder Abuse Destroy Us All Helping Your Child with Extreme Picky Eating: A Step-by-Step Guide for Overcoming Selective Eating, Food Aversion, and Feeding Disorders End Emotional Eating: Using Dialectical Behavior Therapy Skills to Cope with Difficult Emotions and Develop a Healthy Relationship to Food 50 More Ways to Soothe Yourself Without Food: Mindfulness Strategies to Cope with Stress and End Emotional Eating The Ultimate Eating Thai Food Guide (2017 Edition): Your guide to discovering, ordering, and eating authentic Thai food that you'll never forget!

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