

Eat Q Unlock The Weight Loss Power Of Emotional Intelligence Susan Albers

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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 ...

Eat Q: Unlock the Weight-Loss Power of Emotional ...
Eat Q: Unlock the Weight-Loss Power of Emotional Intelligence Hardcover - Bargain Price, October 8, 2013. by Susan Albers (Author) > Visit Amazon's Susan Albers Page. Find all the books, read about the author, and more. See search results for this author.

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Albers conducts mindful eating workshops across the country and internationally. She has been on Dr. Oz and featured in O Magazine, Self, Vanity Fair, Psychology Today, Prevention, Health, and more. She's the author of Eat Q: Unlock the Weight-Loss Power of Emotional Intelligence, But I Deserve This Chocolate, and 50 Ways to Soothe Yourself Without Food.

Eat Q: Unlock the Weight Loss Power of Emotional ...
Unlock the Weight Loss Power of Emotional Intelligence. Mindful Eating Summit 3.0 Coming in 2016! A free virtual/online summit featuring over 20+ world-renowned thought leaders.

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Publisher Description. 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 ...

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Eat Q : unlock the weight loss power of emotional intelligence. [Susan Albers] -- If you've ever asked yourself, "Why do I know how to eat healthier to lose weight but don't do it?" this is the perfect book for you.</> Susan Albers, Psy. D., a psychologist at the Cleveland ...

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