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emotions that plague problem eaters — guilt, shame, helplessness, anxiety, disappointment, confusion, and loneliness — and shows readers how to embrace and learn from their feelings.

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An extraordinary, powerful connection exists between feeling and feeding that, if damaged, may lead to one relying on food for emotional support, rather than seeking authentic happiness. This unique workbook takes on the seven emotions that plague problem eaters — guilt, shame, helplessness, anxiety,

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disappointment, confusion, and loneliness — and shows readers how to embrace and learn from their feelings.

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The final part of the workbook focuses on strategies for disconnecting feeling from food, discovering emotional triggers, and

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using one's feelings to get what one wants out of life. Read more Read less

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## **The Food & Feelings Workbook : A Full Course Meal on ...**

This workbook will help you:

- Identify the trigger foods and feelings that spur you

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to binge or overeat

- Determine how stress, depression, and anxiety may be affecting your eating
- Calm yourself in stressful times with nourishing self-care practices
- Learn to appreciate and accept your body

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### WORKSHEET ONE

Understanding your relationship to food  
The Many Meanings Of Food  
There are many roles that food plays in a person's life. Socially food has a huge role in both historical and modern society. Food provides nourishment it is central to our

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socialization, and is the place where we meet as families, friends, groups, and

## **WORKSHEET ONE** **Understanding your** **relationship to food** **The ...**

document in detail.  
Pick a Joy or Fuel food you really like. Name of food: Quantity you want to eat: Where are you on the hunger scale? Describe the food in detail (look,

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smell, texture, color, etc.): Your feeling before eating the food: Describe each bite and stop to write in between bites. Stop eating the food when you stop enjoying it.

## **SENSATIONS VS. FEELINGS WORKSHEET**

The Appetite Awareness Workbook offers an eight-week, cognitively based program to help you



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learn to pay attention to hunger cues, keep track of your feelings about food, and develop an eating schedule that discourages binge eating. In a series of easy exercises, the book guides you toward taking control of eating habits.

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The Food and Feelings Workbook is an important guide to recovery for the emotional eater.” — Linda Moran, author of How to Survive Your Diet "Karen tackles the complex relationship between eating and emotions head on!

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problem eaters — guilt,  
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