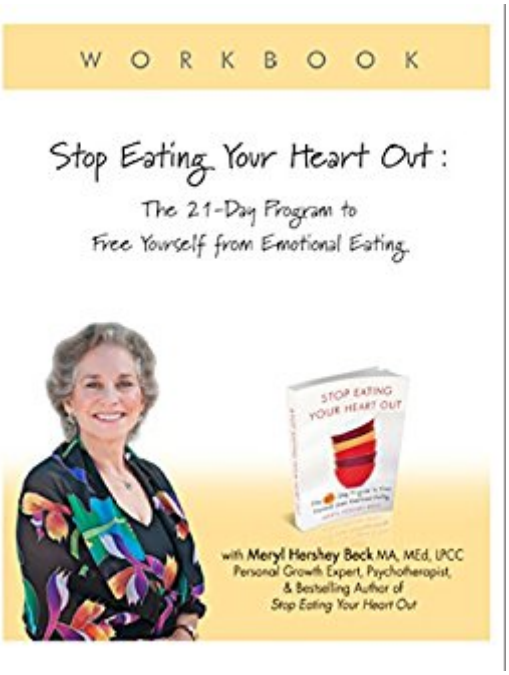
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Stop Eating Your Heart Out: Digital Workbook: The 21-Day Program To Free Yourself From Emotional Eating



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Synopsis

Binge eating is a growing dilemma - impacting up to five percent of our population! In our busy, fast-paced world, this digital version of Stop Eating Your Heart Out Workbook provides a unique and very personal approach to dealing with the suffering from, and healing of, eating disorders and emotional eating issues. It is written for anyone and everyone who suffers, yet wants to take up the challenge to successfully manage the fear, guilt, and shame associated with having a faulty relationship with food.

Book Information

File Size: 953 KB

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Customer Reviews

This is the book I've been looking for! I have emotional eating issues from childhood from being denied food searched for many years on how to cope this is what I needed

I wish I could give this author a hug- this book was truly life-changing for me! Finally, someone gets

it. This book opens up with the author telling us her struggles, and that automatically sucked me in because I felt as if she was reading my mind. I felt confident in my purchase.This book has 21 days of 'assignments' to help you figure out WHY you binge eating. It's all emotional- we know HOW to lose weight. It's simple! Eat less, move more. It's not EASY because of our emotions.If you purchase this book, read with an open mind, do the assignments and don't play the blame game- this will truly change your life!

Thank you, Meryl! I bought this book nearly a year ago (along with a Julia Childs' cookbook -- go figure), but only found time to read it more recently. Meryl Beck's methods and findings help to support and guide people to find a healthier connection to themselves and their eating habits. You might be tempted to skip a few of the many steps (especially if you are the impatient type), but why short change yourself? There are enormous industries built around the problem of emotional eating, eating disorders, and problem eating, some programs and treatment centers are very expensive and their strategies are not necessarily successful in the long run. Why? According to colleagues who work in the field, the more successful programs are those that include a strong focus on the creation of an authentic connection to one's self, their emotions, history, patterns, childhood, family, etc., none of which is for the faint of heart. Stop Eating Your Heart Out will give you the support and a framework for doing powerful self work on your journey. Of course, you must be open to working with yourself, curious, and patient. you are your own greatest investment as any successes you make help you and everyone around you. I'm really grateful for all you've shared in the book, Meryl. You've provided the world with a great gift; those who are ready and need it will find it.

Wow! What a surprise to read the review from H.L. First of all, the author is not Christian, she is Jewish. Secondly, it is not at all religious, but has an emphasis on spirituality. Thirdly, only the first chapter talks about eating history. There is a whole chapter on energy techniques, which certainly isn't the usual 'repeated routines.' I am wondering if the reviewer actually read the book or alternatively, had a preconceived idea v. an open mind. I found it to be very helpful! I didn't even realize that I had food issues until I read Meryl's book. Now along with my weight training and crossfit, it has helped me to get into the best shape of my life. Thank you Meryl.

Good book!

Meryl's first and very fine book is an easy and welcome read for anyone who has tried and tried and

tried and tried to lose weight on her own. Anyone who never found peace with himself (because he kept trying to eat like a 'normie' and kept failing) will love this book. Most compulsive overeaters and food addicts have read all the weight-loss books and sat in the diet clubs; we have kept calorie-counters and scales and measuring cups and even clothes three sizes too small for years and years, hoping, until we give up and give them to Goodwill. What Meryl offers to the person who overeats to soothe pain, numb sadness, or stuff fury is a process that takes into account the emotional eater's way of thinking as well as his or her way of eating. It is a deeply honest book which will have you in tears at the end, not because of dishonest sentimentality but because what happened in Meryl's life tore her, and yet she did not perish from the pain. Meryl lives her talk, and anyone who has worked with her knows the power she can wield to help others. The reader is invited to get honest and do quite a bit of writing. There is a big 12-Step influence in the book. But the tools and energy techniques Meryl lays out will un-stick you if you're stuck in that rut. I have never read a book that had so many aids to recovery as this one. What Meryl writes is from the heart and for the heart. The aching heart is what needs to be reclaimed and restored - and she teaches us how to do it.

Each chapter really challenges you. You start to view how and why you eat very differently. It gets you to the core of why you emotionally overeat and that's something I really needed to face. I would definitely recommend this book to anyone who emotionally overeats.

Terrific bookI found the story heartwarming, the author's courage inspiring and her precise guide something readers could take home and to their hearts - transforming lives in much the way Beck did her own. The book far more than met its promises.A Weber

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