



# Breaking Free From Emotional Eating - The Workshop (4 CD set)

*Geneen Roth*

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## **Breaking Free From Emotional Eating - The Workshop (4 CD set)** Geneen Roth

This is a taped presentation of a full length BreakingFree Workshop, complete with visualizations, questions and answers and discussions of the principles of Breaking Free. It will help you: - Enjoy food so that it becomes a source of pleasure rather than anxiety - Assess the difference between your physical and emotional hungers - Learn to say "no" instead of wearing "no" - Begin to listen to, and respect, your body's hunger and fullness signals - Distinguish forbidden foods from those you truly want - Discover what brings you pleasure besides food When you pay attention to the message of your body and your heart, you begin to develop trust in your ability to care for yourself and rediscover the joy of eating. Trust, joy, and a very basic acceptance of yourself are the cornerstones of Breaking Free.

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