



## Before I Eat: A Moment in the Zone Guidebook: Real-Time Tools to Manage Eating Urges and Food Cravings (Paperback)

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By Alen Standish

Standish Media LLC, United States, 2014. Paperback. Book Condition: New. 202 x 124 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Do you struggle with emotional eating, binge eating or have food cravings throughout the day or in the evening? When those urges and impulses form in your mind, do you wish you had a coach who could grab your hand and successfully walk you through those moments? Before I Eat is a short, sweet and to the point guidebook to help you manage your thoughts and behaviors whenever you feel overcome with a desire to eat. It s bursting with detailed descriptions of real-time mental tools and techniques you can use to navigate eating urges and cravings. Before I Eat is also filled with narrative coaching sessions that can carry you through the moment of an urge or craving, as it happens, and gives you the motivation and strength to continue. Before I Eat is literally an eating urge survival guide. Use it to create your own plan for handling your next eating impulse or keep it with you to guide you through it step-by-step as it happens.



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