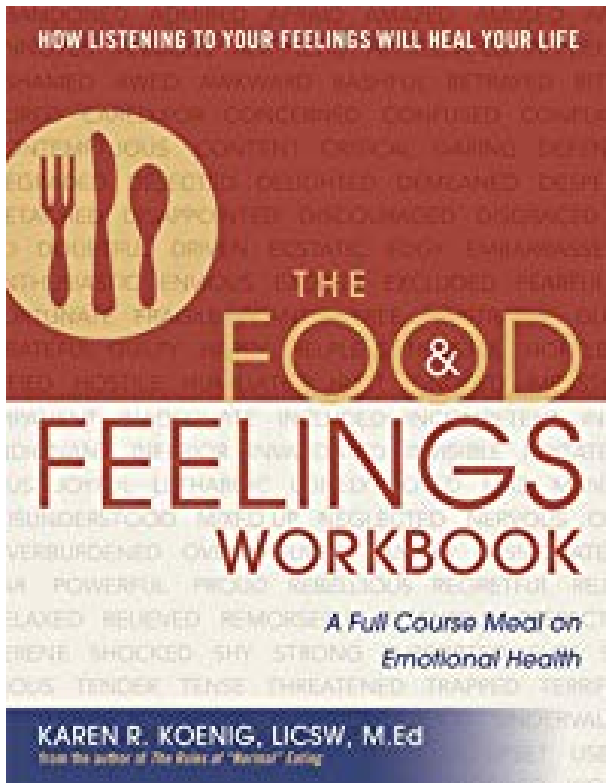


The Food and Feelings Workbook: A Full Course Meal on Emotional Health



Pages:	248
Genre:	Nonfiction
Language:	English
Author:	Karen R. Koenig
ISBN10:	0936077204
Goodreads Rating:	3.90
Published:	January 23rd 2007 by Gürze Books
ISBN13:	9780936077208

[The Food and Feelings Workbook: A Full Course Meal on Emotional Health.pdf](#)

[The Food and Feelings Workbook: A Full Course Meal on Emotional Health.epub](#)

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, disappointment, confusion, and loneliness — and shows readers how to embrace and learn from their feelings. Written with honesty and humor, the book explains how to identify and label a specific emotion, the function of that emotion, and why the emotion drives food and eating problems.

Each chapter has two sets of exercises: experiential exercises that relate to emotions and eating, and questionnaires that provoke thinking about and understanding feelings and their purpose. Supplemental pages help readers identify emotions and chart emotional development. The final part of the workbook focuses on strategies for disconnecting feeling from food, discovering emotional triggers, and using one's feelings to get what one wants out of life.