



# **Don't Eat It. DEAL With It! Your Guidebook On How To STOP Eating Your Emotions**

*Heather Sayers Lehman*

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# Don't Eat It. DEAL With It! Your Guidebook On How To STOP Eating Your Emotions

*Heather Sayers Lehman*

## **Don't Eat It. DEAL With It! Your Guidebook On How To STOP Eating Your Emotions** Heather Sayers Lehman

Emotional eater? This book is for you! Heather Sayers Lehman has led over 2500 coaching sessions and discovered what REALLY works to create your freedom from emotional eating! We all emotionally eat. Who doesn't eat something tasty when they are not hungry??? The problem compound when you cannot control it. You're unhappy with your weight. You feel bad about your choices. You feel ashamed and guilty for not being able to control yourself. Well, stop beating yourself up and start getting healthy! We are plagued by our Inner Jerk that tells us we will never accomplish anything, we are a terrible person, we are ugly, we are unloved. We will learn to squash this Inner Jerk and replace it with the voice of our Amazing Self. Our Amazing Self knows our true beauty and worth. Our Amazing Self believes that we can accomplish our goals, we can have the body we want, we can have the life and love that we deserve and we can truly be happy and content. Quietening your Inner Jerk and listening to our Amazing Self will help us get a handle on our emotional eating for good. Leading with your Amazing Self provides you with greater clarity. Food is never the problem with emotional eating. It's just the symptom. Everyone rushes to treat the symptom/eating/weight gain with diets, restrictions, workouts and magic pills. These all lead to failure because you are not addressing the REAL problem. This guidebook will walk you through a process to deeper understanding and healing. If you struggle with emotional eating, you don't need a new diet. You need to change your thoughts, feelings then actions. Heather created a system for long-term relief. You will have tools and skillsets at the ready to keep your new healthy lifestyle forever! End your food obsession, create a peaceful relationship with food and hop off the diet hamster wheel! Create a life of peace, balance and confidence by DEALing with it!

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