



Eat Q: Unlock the Weight-Loss Power of Emotional Intelligence

By Susan Albers

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Eat Q: Unlock the Weight-Loss Power of Emotional Intelligence By Susan Albers

Susan Albers, Psy.D. presents a groundbreaking three-step program for conquering emotional eating—a practical, prescriptive, proactive approach using Emotional Intelligence that will help you slim down, eat healthfully and mindfully, and keep the pounds off.

Introduced by the author of the bestselling *The Hormone Cure*, Sara Gottfried MD, *Eat.Q.* goes beyond traditional diet books to explore the link between emotions and eating, revealing how, when you increase your Emotional Intelligence, you naturally increase your ability to successfully manage your weight. Explaining the link between a high Eat.Q. and a good relationship with food, clinical psychologist Dr. Albers guides you through the most common emotional barriers to healthy and mindful eating, and offers 25 tools and techniques you can use to tailor the plan to your individual needs.

Grounded in dozens of clinical studies that associate a low Emotional Intelligence with poor eating habits—including eating past fullness, eating when your angry or bored, and overeating favorite foods—*Eat.Q.* offers hope and help that works for anyone, no matter how many times they've tried to manage emotional eating in the past.

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Editorial Review

Review

At last—a book on eating well that puts everything you need to know in one place. Brilliant! (Christiane Northrup, MD)

“The key to achieving a long-term love affair with your body (and your food!) isn’t about fad diets or guilt trips to the scale. It’s about harnessing your emotions. Susan’s game plan to turn the proven power of emotional intelligence into eating intelligence means happier, healthier, smarter eating!” (Daphne Oz, chef, bestselling author, and cohost on ABC’S “The Chew”)

“This book gives readers a roadmap to help them gain better understanding of why they eat what they eat.” (Lilian Cheung, D.Sc., R.D., co-author, Savor-Mindful Eating, Mindful Life, Director of Health Promotion & Communication, Dept. of Nutrition, Harvard School of Public Health)

Most dieters build elaborate castles on shifting sand. Dr. Albers shows you how to shore up a solid emotional and mental foundation to sustain a healthy diet for years to come. If you want your healthy eating plan to last, read Eat.Q. (Shirzad Chamine, author of Positive Intelligence)

Susan Albers has done it again. EAT.Q is full of effective and practical tools that illuminate how we have the capacity, with our own awareness and hearts to have a wiser relationship to food and step into a life of greater nourishment, freedom and joy. (Elisha Goldstein, PhD, author of The Now Effect and co-author of A Mindfulness-Based Stress Reduction Workbook)

From the Back Cover

If you've ever asked yourself, "Why do I know how to eat healthier to lose weight but don't do it?" this is the perfect book for you.

Susan Albers, Psy.D., a psychologist at the Cleveland Clinic Family Health Center, has discovered that the key to successful weight loss is not physical exercise, calorie counting, or even willpower—it's emotional intelligence (EI). EI includes the noncognitive aspects of intelligence, such as optimism, impulse control, empathy, and the ability to manage stress, which are predictors of future success—including the ability to lose weight and to keep it off long-term. (In contrast, lacking these skills can ignite nutritional neuroses, food phobias, and disordered eating that can cause cravings, binges, and weight gain.)

EI skills have traditionally been used to help people navigate their relationships with other people, but Dr. Albers has learned how to use them to help people strengthen their relationship with food. Even the smartest people can struggle with their emotional intelligence, which can keep us locked in a vicious cycle of dieting failure.

In *Eat.Q.*, Dr. Albers uniquely and innovatively applies both self-help and business wisdom to weight loss for optimum success. You learn what your personal style is as it relates to your Eat.Q., and Albers helps you identify exactly what issues you have with eating. She discusses all different kinds of eating styles and explains each of the strategies, allowing you to customize her program to suit your total Eat.Q. profile—including your personal schedule, understanding what you eat and why, and how cravings,

environment, and mood affect your relationship with food. She gives you specifics, teaching you how to refine your needs and desires to achieve better results.

Increase your Eat.Q. to eat better, drop excess pounds, and settle at a healthy weight for the long-term. It's a revolutionary new way of eating better and feeling great about your body that will release you from the craziness of yo-yo dieting once and for all.

About the Author

Dr. Susan Albers is a licensed clinical psychologist at the Cleveland Clinic who specializes in weight loss, body image, and emotional eating. She graduated from the University of Denver and completed a postdoctoral fellowship at Stanford University. Dr. Albers has been a guest on *The Dr. Oz Show*, CNN, and NPR, and is frequently interviewed by *Prevention*; *O, the Oprah Magazine*; *Family Circle*; and *The Wall Street Journal*.

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Clara Reece:

What do you consider book? It is just for students because they are still students or the idea for all people in the world, what best subject for that? Just simply you can be answered for that problem above. Every person has different personality and hobby for every single other. Don't to be pushed someone or something that they don't want do that. You must know how great as well as important the book Eat Q: Unlock the Weight-Loss Power of Emotional Intelligence. All type of book can you see on many resources. You can look for the internet solutions or other social media.

Randolph Dilworth:

Nowadays reading books are more than want or need but also get a life style. This reading addiction give you lot of advantages. The benefits you got of course the knowledge the particular information inside the book in which improve your knowledge and information. The information you get based on what kind of reserve you read, if you want get more knowledge just go with education books but if you want truly feel happy read one using theme for entertaining such as comic or novel. The particular Eat Q: Unlock the Weight-Loss Power of Emotional Intelligence is kind of book which is giving the reader unpredictable experience.

Sally Rose:

Often the book Eat Q: Unlock the Weight-Loss Power of Emotional Intelligence will bring one to the new experience of reading a new book. The author style to clarify the idea is very unique. In the event you try to find new book you just read, this book very suited to you. The book Eat Q: Unlock the Weight-Loss Power of Emotional Intelligence is much recommended to you to learn. You can also get the e-book from official web site, so you can more easily to read the book.

Faye Pearson:

Reading can called head hangout, why? Because if you find yourself reading a book specifically book entitled Eat Q: Unlock the Weight-Loss Power of Emotional Intelligence the mind will drift away trough every dimension, wandering in every single aspect that maybe unknown for but surely will become your mind friends. Imaging each word written in a publication then become one type conclusion and explanation this maybe you never get before. The Eat Q: Unlock the Weight-Loss Power of Emotional Intelligence giving you yet another experience more than blown away the mind but also giving you useful info for your better life within this era. So now let us explain to you the relaxing pattern here is your body and mind will be pleased when you are finished reading it, like winning a casino game. Do you want to try this extraordinary paying spare time activity?

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