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Food does more
than fill our
stomachs -- it also
satisfies feelings,
and when you
quench those
feelings with

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comfort food when
your stomach isn't
growling, that's
emotional eating.

"Emotional ...

~~Emotional Eating:
Feeding Your
Feelings~~

This article is
based on reporting
that features expert
sources. How to
Stop Emotional

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Eating “The cycle is always the same,” says Erika Nicole Kendall, the writer behind the award-winning blo

...

~~How to Stop
Emotional Eating~~
Emotional eating can be driven by our survival instincts. “Our

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bodies don't recognise the difference between the stress of a lion chasing us and the stress of deadlines at work", says ...

~~Healthy ways to
manage emotional
eating~~

Emotional eating is eating in response to difficult feelings.

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It's hugely common: studies suggest that up to 75% of all eating is emotionally-driven. So instead of eating because we're hungry ...

~~I just ate a whole
block of chocolate:
Emotional eating
and how to deal
with it~~

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Query: I suffer from an emotional eating disorder. Whenever I feel sad, angry or frustrated, I eat and eat to the extent that it makes me feel sick for several hours thereafter. I don ' t know ...

~~"I suffer from an emotional eating disorder"~~

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Actress and comedian Magda Szubanski looked visibly distressed as she opened up about her battle with emotional eating on the ABC's Big National Health Check. The Kath & Kim star, 61, suffers ...

~~Magda Szubanski~~

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~~fighting back tears as
she reveals her
emotional eating
battle~~

For as long as I can remember, food has been bound up in my emotions. In normal, healthy ways such as cake on birthdays and family roast dinners but in worrying ways, too. In the

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summer holidays...
Emotional
~~Can I Ever Distance
Myself From
Emotional Eating?
Should I Even Try?~~

Here are the
characteristics of
emotional eating.
People who suffer
from emotional
eating may feel:
Causes of emotional
eating Almost

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anything can evoke
a desire to eat.

External causes of
Eating Geneen
...

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~~Emotional Eating:
All You Need To
Know About Its
Causes And Tips
To Prevent It~~

Combine the
plethora of goodies
with an upsurge of
emotions during the

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holidays and you
have the perfect
recipe for emotional
eating. Emotional
eating is when we
use food as a way
of coping with ...

~~A Therapeutic
Moment: Holiday
emotional eating~~
Have you ever had
your hot buttons
pushed? If you ' re a

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human being and
have experienced
emotions at all, you
have, with almost
absolute certainty.
Your heart starts
pounding, your
breaths get ...

~~What Are Your
Emotional Hot
Buttons?~~

Almost a third of
our adult lives are

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spent at work and therefore, it makes sense that many women struggling with binge eating disorder, emotional eating, and food obsessions will be in the workforce.

~~Managing Eating Disorders in the Workplace~~

Holiday eating can

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be pleasurable,
stressful or both at
the same time.

Whether your
approach to food is
mindless, obsessive
or somewhere in
between, bringing
some mindfulness
to Thanksgiving can
...

~~Mindful eating may
be the most~~

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~~important 'dish' at
the holiday table~~
Plus, "Healthy
eating feels great,"
says Aguirre. "One
will focus on foods
that promote
physical and
emotional wellness,
such as fruits,
veggies, and whole
grains, as you grow
more in touch with

...

Where To Download Breaking From ~~Everything You Need to Know About Intuitive Eating~~

While leaders have always performed emotional labor, this demand has increased dramatically over the last few years. Organizations need to stop dismissing

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this substantial
emotional burden.

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Drug End Emotional
Eating

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