



# Breaking Free from Emotional Eating

*Geneen Roth*

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## **Breaking Free from Emotional Eating** Geneen Roth

There is an end to the anguish of emotional eating -- and this book explains how to achieve it. Geneen Roth, whose *Feeding the Hungry Heart* and *When Food Is Love* have brought understanding and acceptance to tens of thousands of readers over the last two decades, here outlines her proven program for resolving the conflicts at the root of overeating. Using simple techniques developed in her highly successful seminars, she offers reassuring, practical advice.

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