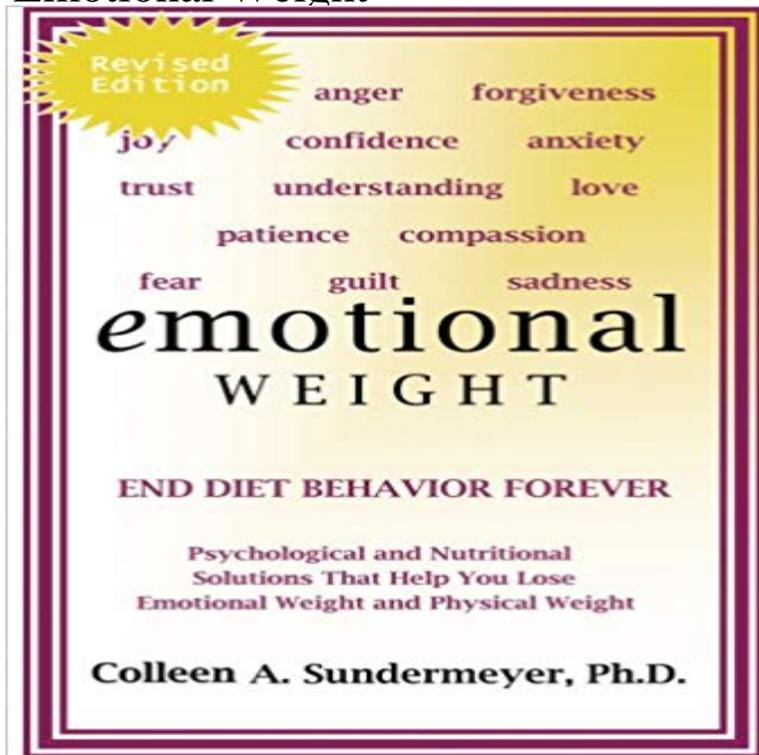


Emotional Weight



EMOTIONAL WEIGHT, written in the 1980s, was the first book to identify the powerful role that emotions have on body weight and body image. And though every weight problem has a different set of circumstances; this book shows how to escape the diet mentality. It reveals the common human element that allows it to persist, and reveals the deep emotional truth for both sexes. When emotional weight is left untreated, physical weight will always fluctuate. The mirror image and numbers on the scale will never be good enough as long as we carry emotional weight. Dr. Sundermeyer has been a pioneer in the field of weight control, and has helped countless MEN and WOMEN break their dependency on the scale, calorie counting, and brought to awareness the concept of emotional intelligence. EMOTIONAL WEIGHT has the answers to Why? and What? is at the heart of addictive diet behavior. Clearly defined psychological and nutritional methods show how to break free from obsessive, self-defeating weight loss measures that encourage the suppression of both appetite and emotion. Diet behaviors like stepping on the scale and calorie counting are addictive, and lead to extreme and destructive weight control measures. Dr. Colleen Sundermeyer wants readers of her book, EMOTIONAL WEIGHT, to know that what lies beneath their eating problems will never be revealed by stepping on the scale. Just like men and women can carry too much physical weight, we can also carry too much emotional weight. We need to be both physically fit and emotionally fit. EMOTIONAL WEIGHT also contains an entire section on the chemical and nutrient composition of food, and what nutrients are needed to lose weight safely and permanently.

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