

The Secret Burden: Letting Go of the Shame, Anger, and Guilt of Emotional Eating



Do You Carry the Secret Burden of Emotional Eating? If you have ever used food as a method of coping, felt held back in your professional or personal life because of how you look and feel about yourself, cringe at the thought of being in front of a camera, eat differently alone than in front of others, or hide beneath layers of clothes because of the shame you feel about your appearance then continue reading! The Secret Burden explores the missing piece of the puzzle to taking control of emotional eating and will provide you with the tools to gain awareness into what food represents to you and why this has become your main method of coping. You will make the mindset shifts necessary to start the process of recovery and you will learn how to create a personalized lifestyle plan to serve as a foundation to a healthier way of coping and living.

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