

Emotional Eating, A Key to Weight Loss

By Ron Petit

Do you find yourself going to the frig when you feel hurt/ angry, lonely. If so, you have first hand experience with emotional eating. The core of eating in this fashion is an attempt to alter our mood and make ourselves feel better by focusing on the pleasure or the distraction of eating, instead of what's bothering us. Although not all bad, one can quickly find themselves sliding into overuse of this strategy to feel better. This then becomes a pattern for all emotions.

Come and be a part of our group and see how the sharing of your story and your struggle can actually help others. It's in the sharing that we can let go of feelings of shame, guilt and low self-esteem. The presence of others who know how you feel when you share your story can be enormously healing.

What is said in this group stays in this group. Confidentiality and respect for each other is central to our approach.

For more information:
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