



Descubre tu coeficiente alimenticio y pierde peso: Libera el poder de la pérdida de peso con inteligencia emocional (Spanish Edition)

Susan Albers

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Susan Albers, doctora en psicología presenta un programa de tres pasos innovadores para conquistar el impulso del comer emocional– un enfoque práctico, prescriptivo, proactivo utilizando la inteligencia emocional que te ayudará a bajar de peso, comer saludablemente, con atención plena, y no agregar más kilos. Este libro va más allá de dietas tradicionales para explorar la relación entre las emociones y la alimentación, que revelan cómo, cuando aumentas tu inteligencia emocional, aumenta naturalmente tu capacidad para gestionar con éxito su peso. Al explicar el vínculo entre un alto coeficiente y una buena relación con la comida, la psicóloga clínica doctora Albers te guía a través de las barreras emocionales más comunes a la alimentación saludable y consciente, y ofrece 25 herramientas y técnicas que puede utilizar para adaptar el plan a sus necesidades individuales.

Basado en docenas de estudios clínicos que asocian una baja inteligencia emocional con los malos hábitos alimenticios, incluyendo comer después de estar lleno, comer sus cosas favoritas cuando está enojado o aburrido, y comer en exceso alimentos. Este libro ofrece esperanza y ayuda que funciona para cualquier persona, no importa cuántas veces han tratado de manejar el comer emocional en el pasado.



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