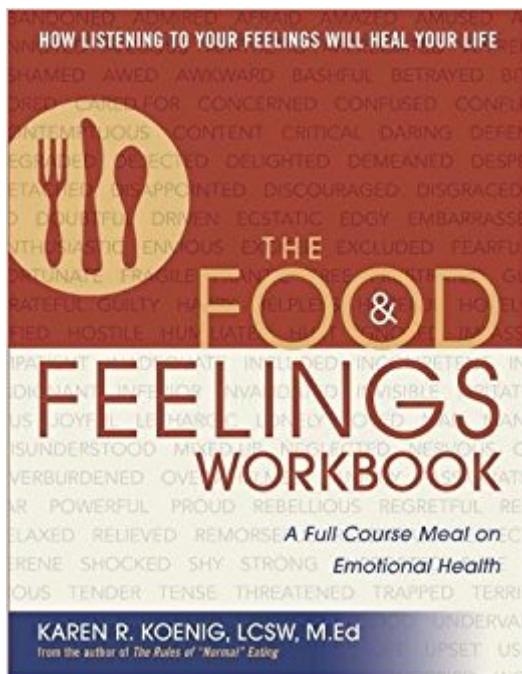


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# The Food And Feelings Workbook: A Full Course Meal On Emotional Health



## **Synopsis**

An extraordinary, powerful connection exists between feeling and feeding that, if damaged, may lead to one relying on food for emotional support, rather than seeking authentic happiness. This unique workbook takes on the seven emotions that plague problem eaters – guilt, shame, helplessness, anxiety, disappointment, confusion, and loneliness – and shows readers how to embrace and learn from their feelings. Written with honesty and humor, the book explains how to identify and label a specific emotion, the function of that emotion, and why the emotion drives food and eating problems. Each chapter has two sets of exercises: experiential exercises that relate to emotions and eating, and questionnaires that provoke thinking about and understanding feelings and their purpose. Supplemental pages help readers identify emotions and chart emotional development. The final part of the workbook focuses on strategies for disconnecting feeling from food, discovering emotional triggers, and using one's feelings to get what one wants out of life.

## **Book Information**

Paperback: 216 pages

Publisher: Gurze Books; 1 edition (January 15, 2007)

Language: English

ISBN-10: 0936077204

ISBN-13: 978-0936077208

Product Dimensions: 0.5 x 8.8 x 11 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 81 customer reviews

Best Sellers Rank: #67,207 in Books (See Top 100 in Books) #61 in Books > Health, Fitness & Dieting > Mental Health > Eating Disorders #75 in Books > Health, Fitness & Dieting > Addiction & Recovery > Drug Dependency #892 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## **Customer Reviews**

This is my all-time favorite eating disorder book. I'm an LPC (clinician) and use this with my clients. It has great worksheets and a lot of insightful information. I highly recommend this book to professionals and others. It's easy to read and do on your own outside of counseling.

Karen R.Koenig again does a great job with reasonable strategies on how to help yourself if you have any weight issues, or eating disorders. It can be used as a tool to help clients if you are a

therapist, but it is written in easy, accessible language to anyone who wants to use a self help book to learn how to eat healthier, instead of "mindless binging", or to stop using food as a way to self soothe, such as eating when stressed, sad, angry. It helps a person by using extremely easy charts to start to become more aware of identifying **WHAT** they may have been feeling at a particular time of the day, and **HOW** they responded with eating habits. This makes a person **STOP**, and **THINK** about their habits, and offers specific ways to combat food addiction/eating disorders. Highly recommended. Karen.R. Koenig is a very seasoned therapist in treating eating disorders, and has an excellent reputation.

I am half way through it. Trying to fix my emotional eating issues. It has been helpful. I have not used it every day , but as I get to it. Its been helpful and helped me realize I am not "broken", but dealing with a lot of issues that have been ingrained in the brain so it takes time to undo. be patient with yourself

Anyone who has been in therapy for disordered eating for any amount of time has heard the cliche "you need to get in touch with your feelings." Unfortunately, most therapists are not able to break down the process of emotional regulation into simple enough steps to teach it as a skill. Karen Koenig can, and does beautifully in this workbook. For over a decade I have read nearly every book on the market dealing with disordered eating, and this is hands-down the best **HOW TO** manual to teach people how to deal with their feelings around food, an essential process for recovery. It is full of exercises to do and she explains everything in basic terms that are easy to follow. You will know it is working because you will have triggers on every page. Keep with it, this book will help you!

This is a very easy to follow self-help book. I plan on using it for eating disorder clients as adjunctive to therapy but would be appropriate for anyone who has issues with their relationship with food and especially those with a disconnect between their feelings and using food as a coping skill.

My therapist recommended it and it helps so so so much. I m much better at stopping and feeling, letting the emotions pass through and avoiding an overeating session. Is it a bit time consuming? Yes... but really? you can't put in 1 hour every so often to better your health and your **LIFE?** come on now.

This is a great little workbook for the person suffering with eating disorders due to emotions. The

problem with this book, and its ilk, is that, without the guidance of a therapist, it is very unlikely that the person who will benefit from doing the work in the workbook will actually be motivated enough to do the work. In conjunction with a therapist, or some sort of therapeutic intervention, this can be a great tool in the effort to overcome emotional eating.

Outstanding workbook! Gives you some excellent tools in dealing with unhealthy food behaviors. The book requires much more than simply reading it. It has a lot of exercises that are outstanding in helping you understand your behaviors associated with food and how to change the negative ones.

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