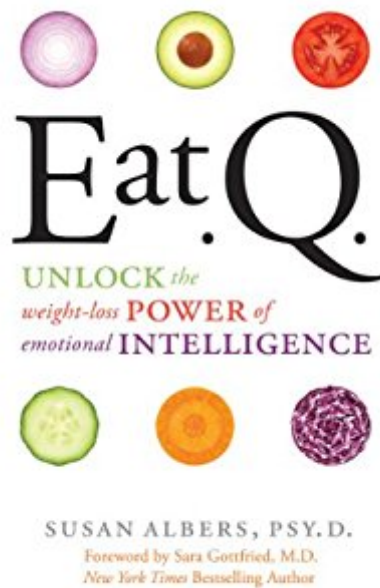




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Eat Q: Unlock The Weight-Loss Power Of Emotional Intelligence



Synopsis

Susan Albers, Psy.D. presents a groundbreaking three-step program for conquering emotional eating—a practical, prescriptive, proactive approach using Emotional Intelligence that will help you slim down, eat healthfully and mindfully, and keep the pounds off. Introduced by the author of the bestselling *The Hormone Cure*, Sara Gottfried MD, *Eat.Q.* goes beyond traditional diet books to explore the link between emotions and eating, revealing how, when you increase your Emotional Intelligence, you naturally increase your ability to successfully manage your weight. Explaining the link between a high *Eat.Q.* and a good relationship with food, clinical psychologist Dr. Albers guides you through the most common emotional barriers to healthy and mindful eating, and offers 25 tools and techniques you can use to tailor the plan to your individual needs. Grounded in dozens of clinical studies that associate a low Emotional Intelligence with poor eating habits—including eating past fullness, eating when you're angry or bored, and overeating favorite foods—*Eat.Q.* offers hope and help that works for anyone, no matter how many times they've tried to manage emotional eating in the past.

Book Information

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Customer Reviews

This is a great book - goes way beyond dieting in helping to understand being out of control- a great read!

I loved this book. The information within was well worth the purchase... Still working on putting the principles into action, but good things take time.

Most of us have heard of Emotional Intelligence (EI) and of course IQ. Well, Eat.Q. is concept that blends your knowledge of nutrition (what you know you should do) with mindfulness and EI skills in order to help you make healthy choices and lose weight (if that is your goal). Eat.Q. is a technique which asks you to "press the pause button" before you eat anything and make a quick assessment as follows: first, identify how you are feeling. next, accept that you have these feelings (instead of stuffing them down or trying to escape from them). and finally use these feelings to help you make a decision about what and what not to eat. The author provides a thorough description of each of these steps along with tips and tools to help you accomplish each one. With practice, this will all become second nature and you will be able to face each "moment of decision" with a mindful pause during which you use your emotions to help guide you to a smart decision that is in line with your goals. Brilliantly simple! If you have never dabbled in the arenas of mindfulness or Emotional Intelligence before, there will certainly be a learning curve. But it's all so logical (even for my very scientifically minded left brain!) that it doesn't seem like a chore or anything that is impossible to do. It's just something you need to work on and practice in order to achieve success. Although this is billed as a weight-loss book (see the subtitle) I think it is important to point out that this is more of a Mindful Eating book. Good to know this for two reasons... First, if it is your goal to lose weight, then that's perfect. the Eat.Q. concept can definitely get you there. There isn't any talk of what or how much to eat, but there are plenty of tools and concepts that will lead to weight loss. And second, if your goal isn't weight loss, this book is still for you because it is a book that gives you the tools to use your emotions to help you make the choices consistent with your goals (eating more healthful foods, or eating mindfully, or trying to stay young longer... whatever it may be). I highly recommend this book without reservation. I definitely plan to use these concepts in my journey to become a more mindful eater. I will try to remember to update this review to let you know how I am doing (as I mentioned, there is a learning curve!!). My only criticism would be that the book is fairly heavy with information and not something to get through at a quick pace. There is a lot of supporting information... scientific studies, case studies, additional information boxes, checklists, and quizzes. I don't mind this myself... I like to have a lot of information and then I can sift through it to use what I

need and leave (or skim) what I don't. But for some who would like a quick and to-the-point guide, some of this may seem superfluous. It's actually all good information and it all really reinforces and drives home the concepts.

This book really helped me in my pre-Diabetes class that I have committed to. Lots of information, guidance and factual. Recommended to me by a Nutrition Specialist.

Great ideas for those people that knowledge of nutrition is not the issue and fantastic ideas for solving emotional eating!

I received my copy late yesterday afternoon. I must admit, I haven't finished it yet but I am loving it, so far. It's the piece of the puzzle that I've been missing in my attempts to be a mindful eater and consistently make healthy choices around food. Dr. Albers does a stellar job of explaining how the best of intentions can fly out the window at times and exactly what to do about it!

I found the information useful but also rather naive. It depends on case studies for most if not all of the conclusions. Having said that though it has helped me with my food addiction.

I felt the book brought up some reoccurring themes in my life. It made some great suggestions about getting past learned behaviors. An easy read, not bogging you down in technical language.

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