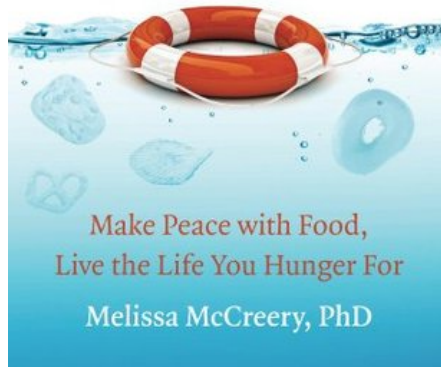


The Emotional
Eating Rescue Plan
for Smart, Busy
Women



**The Emotional Eating Rescue Plan for Smart,
Busy Women: Make Peace with Food, Live the
Life You Hunger For**

Melissa McCreery

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The Emotional Eating Rescue Plan for Smart, Busy Women

Emotional eating is a major cause of overeating and of weight gain. Imagine a life where you don't overeat and YOU are in control of your cravings.

If you struggle with emotional eating, diets and willpower won't help, but making peace with food changes everything. Psychologist Dr. Melissa McCreery outlines a day-by-day rescue plan for emotional eating and overeating designed specifically for high-performing, busy women ready to take control of their eating and their weight. Based on thousands of hours of work with smart women struggling to stop overeating, this 28 day plan walks you through the steps to:

- Take control of stress eating, comfort eating, and other types of emotional eating
- Say goodbye to guilt, shame, and feeling frustrated with yourself
- Discover what you really crave and how to really feed yourself
- Create solutions that don't leave you feeling hungry and deprived
- Design your recipe for lasting weight loss – even when you are busy and have a lot on your plate.

"This is a book you will write in, cry on, and take into the bath. This is a book that has the power to change your relationship to food and emotional eating - forever. Read it and free yourself to be fully and wholly who you are meant to be." Jennifer Loudon, author of *The Woman's Comfort Book* and *The Life Organizer*

"If you've been stuck on the weight loss hamster wheel, your brain is probably full of clutter – advice and strategies that just don't work for you or your busy life. Dr. McCreery's book helps you organize and take control of your relationship with food once and for all, allowing the other pieces of your life to fall into place. It all makes perfect sense!" Lorie Marrero, creator of *The Clutter Diet®* and author of *The Home Office Handbook: Rules of Thumb for Organizing Your Time, Information, and Workspace*

The Emotional Eating Rescue Plan for Smart, Busy Women: Make Peace with Food, Live the Life You Hunger For Details

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Peni says

Good resource to have on hand.

Traci Shipley says

I am a Smart, Busy, Woman and I don't have time to keep a detailed journal. If I did, I wouldn't be a Smart, Busy, Woman! Did not find this book helpful.

Lara says

What can I say about this book, it not only does what it says on the tin, but also so much more. Melissa McCreery writes with such an easy non judging style that I makes it easier to become less judgmental about yourself. The plan really is more of a journey of self discovery, and it matters not how well you think you know yourself, or whether you feel you have an issue with emotional eating this book can help you learn something about yourself. Its gentle style guides you first to be record data (in an easy and manageable way that certainly didn't feel time consuming), then you get to analyse it, then after analysis comes a little problem solving and finally you have a plan, a way forward. In the 4 weeks I have been following the plan I have made massive progress and I will continue to repeat the cycle until I feel comfortable. Then I am going to use the method to look at my financial habits and I am fully confident I will gain a whole new awareness from this.

I believe the plan will result in a personalised and unique experience for everybody who tries it and I encourage you, whoever you are reading this to buy the book and have a go!

Marianne says

This book has a good plan. I was able to confirm information and some of my thoughts. I am not interested in following the plan however, as I have experienced many similar plans before. The essential idea is to consistently practice thinking differently.

Dee says

I have struggled with my weight for most of my life. I was a chubby kid, who became a fat teen, and have

fluctuated throughout my adulthood. I have been very, very thin and am currently now at my heaviest ever. I have been stuck in the cycle of yo-yo dieting, and it's not a good place to be. I know that I am an emotional eater. I have known this for years, yet I seem powerless to change it. I drown my sorrows in Ben & Jerry's. When I am happy, I love high carb foods like pasta. When I am stressed, I crave salt and sugar (usually at the same time!). Due to this, I was excited to be part of the launch for Dr. Melissa McCreary's new book, *The Emotional Eating Rescue Plan for Smart, Busy Women*.

The book is designed as a month of a rescue and recovery plan, so I worked through it over this past month.

Like an onion, there are so many layers to why I emotionally eat. She focuses on different types of hunger and how to feed them. The book starts off discussing curiosity. I wasn't sure where this was leading, but I was **CURIUS**. She tied in something that I am currently working on—mindfulness. I tend to go through life on autopilot, living life with the attitude of it's Monday, it's meatloaf and book group. Many of her mindful tips are the same that I have as my list—yoga, dancing, holding a purring cat (although doing windows are not on my list). I already journal, and that has been a habit for about 35 years, so daily writing was already a part of my routine. The hardest part for me was the ME Log. I struggle with food journals. It caused me to give up on weight watchers and other programs because I just can't do them. This one is a bit different, because it also includes what you're doing as you eat and how you feel both before and after you ate. On top of it, there is a space for your hunger level and (this is key) what you are actually hungry for. That was really eye opening for me. Most of the time I did mindless eating, I wasn't physically hungry, but there was an underlying need that wasn't being met. After that first week, there were a lot of tears and anger, because I was bringing up a lot of unmet needs to the surface. I think I spent a lot of time in the fetal position because there were many unpleasant emotions. I should add that I am a stuffer. I have a hard time expressing what I really, really want (I would never make a good Spice Girl).

Week two didn't start off any easier. It was time to analyze my log from the previous week. This is eye opening, because I was able to pick out a few patterns. I tended to snack heavily at certain times a day. I used to smoke years ago, and these were the times that I would go and have a cigarette. The automatic response and craving was still there, despite so much time having passed, and that craving turned into food. Thinking about how hungry I truly was also quite revealing. Most of the time I thought I was "hungry", I wasn't truly physically hungry. The other thing I didn't do was **SAVOR**. I love to cook and combine flavors, but if you asked me to discern what was in each meal I ate, I probably couldn't tell you. Add to it being part of the clean plate club, I don't get as much enjoyment from eating as I could or should. Learning to manage that hunger was very important. This is where self care comes in. I love making these lists—it's the follow through that I struggle with. However, as part of the program, I need to make self care a priority, because that meets the needs I was substituting food for.

By the third week, I was feeling more in control over my eating, but I still struggled. The emotions dredged up the first two weeks were quite raw, and I needed to address those first, before I could continue. I took a week off from following the program to get those sorted out and processed. I did continue journaling and taking my mindful time, but did not use the ME log that week. It was very difficult, but I was able to sort through things and get back on track. It was great preparation for the next task—which is finding a support network. For a very long time, I thought I was going it alone, but if the past few years have shown me, I have an amazing cheerleading section that I can always depend upon. The crux of this week is determining your support system, and learning to ask for help if you need it.

Setting my GPS was another emotional blow out. It was difficult to confront all the busyness that I have allowed to creep into my life, and take charge of things. As much as I would like to think I live with intention, that is not always the case. Week four also addressed one of my biggest issues—the slump. My

weight loss life can be described as many slumps strung together, with the usual pattern. Despite my enthusiasm, I never can seem to break out of them-usually because I am so caught up in the immediacy of the situation. There are some great ideas for breaking out of one, and believe it or not-they work! I can't see the forest for the trees, or so the adage goes.

I can't say that I've lost a lot of pounds on this program, but I have lost a lot of weight. I highly recommend this for other women (and men, although the program is geared towards females). It can bring up unpleasant feelings, but you need to address those if you want to get over the emotional eating that is eating at you.

Shelly Wygant says

This is a great helpful book. It breaks it down into steps of a 4 week program. I felt this helped to not overwhelm you and make you understand why you are an emotional eater. Also there is positive reinforcement throughout the book. Ms. McCreery makes sure that you don't give up on yourself and you don't talk down about yourself. Also there are many helpful hints to get over a slump or to help you commit to changes. She lets you know that there will be times of setback but how to get back on track.

If you mindlessly eat or are an emotional eater this book will help you realize your triggers and change your eating habits.

Emily says

Im marking this as ongoing, as I dont see it as something to check off the list.

Sandra says

Short and to the point.
