



# **I Feel, Therefore I Eat: How Society Conditions Us to Eat Our Emotions (And What to Do About It)**

*J.A. Thomas*

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Do you blame yourself and feel ashamed when you struggle with emotional eating, stress eating, and/or overeating? Do you get mad at yourself and beat yourself up in your thoughts? Stop it! Seriously! Let me explain.

Emotional eating is not a problem you created all by yourself. Have you ever asked yourself why you reach for food when you are upset, bored, angry, anxious, happy, or depressed? Where did you learn that behavior pattern or habit?

The truth is that our emotional relationship with food is complex and has many contributing factors. The family you grew up in played a very significant role in your food-related beliefs and behavior patterns. Your parents (or parental figures) taught you how to eat, when to eat, what to eat, and so forth.

Our society also impacts our emotional relationship with food. Our culture centers around food, and every significant life event includes a meal. We eat at weddings, but we also eat at funerals. We celebrate with food, and we grieve with food. Should it then be any surprise that we struggle with emotional eating in our private lives?

This book will help you to understand the bigger picture of your emotional eating struggles so that you stop blaming and shaming yourself and start treating yourself with more compassion. As you begin to understand the deeper roots and the larger picture of why you eat emotionally, you will then be in a much stronger position to change your eating behaviors, overcome emotional eating, and reclaim your health.

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