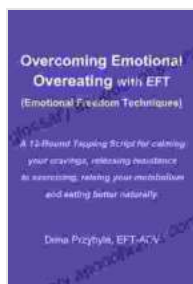


# Unlock Your True Self: Overcoming Emotional Overeating with EFT Emotional Freedom Techniques



## Overcoming Emotional Overeating with EFT (Emotional Freedom Techniques) by Dena Przybyla

★★★★☆ 4.7 out of 5

Language	: English
File size	: 133 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 8 pages
Lending	: Enabled



Overcoming emotional overeating is a challenging but attainable goal. This book will guide you through a journey of self-discovery and healing, using the powerful EFT Emotional Freedom Techniques. EFT is a gentle, yet profound technique that helps you to release the negative emotions and beliefs that drive your overeating.

### What is Emotional Overeating?

Emotional overeating is a way of coping with difficult emotions. When you're feeling stressed, anxious, bored, or lonely, you may turn to food for comfort. This can lead to a cycle of overeating, weight gain, and negative self-image.

## **How EFT Can Help**

EFT works by tapping on specific acupuncture points while focusing on the negative emotion or belief that you want to release. This helps to clear the energy blockages that are holding you back from creating a healthy relationship with food.

EFT is a safe and effective technique that can be used by anyone. It's easy to learn and can be done anywhere, anytime.

## **The 5 Steps of EFT**

The EFT process involves 5 simple steps:

1. Identify the negative emotion or belief that you want to release.
2. Rate the intensity of the emotion on a scale of 0 to 10, with 0 being no intensity and 10 being the most intense.
3. Create a setup statement that includes the negative emotion or belief, your name, and a reminder that you love and accept yourself unconditionally.
4. Tap on the karate chop point while repeating the setup statement.
5. Tap on the remaining 8 EFT points while continuing to focus on the negative emotion or belief.

## **Using EFT for Emotional Overeating**

EFT can be used to address the specific emotional triggers that drive your overeating. For example, you can use EFT to release the negative emotions associated with stress, anxiety, boredom, or loneliness.

You can also use EFT to change the negative beliefs that you have about yourself and food. For example, you can use EFT to challenge the belief that you're weak-willed or that you can't control your eating.

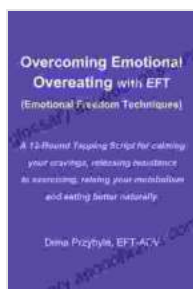
## The Benefits of EFT for Emotional Overeating

EFT can provide numerous benefits for emotional overeating, including:

- Reduced cravings and urges to overeat
- Increased self-awareness and emotional regulation
- Improved body image and self-esteem
- Reduced stress and anxiety levels
- Increased motivation and confidence

If you're ready to overcome emotional overeating and create a lasting, healthy relationship with food, then EFT is the perfect tool for you. This book will provide you with everything you need to know about EFT, including how to use it to address the specific emotional triggers that drive your overeating.

Start using EFT today and unlock your true self!



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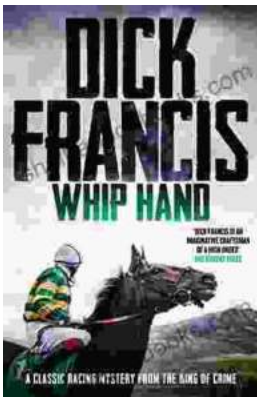
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