

Foreword by Omar Manejwala, MD

# WHEN FOOD IS COMFORT

Nurture Yourself Mindfully,  
Rewire Your Brain, and  
End Emotional Eating



JULIE M. SIMON

*author of The Emotional Eater's Repair Manual*

*"Reassuring and calm, informative and inspiring, this book is your lifeline  
to fixing your relationship with food and gaining the health you deserve."*

— NEAL D. BARNARD, MD, author of *Breaking the Food Solution*

Julie M. Simon

## When Food Is Comfort: Nurture Yourself Mindfully, Rewire Your Brain, and End Emotional Eating



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Improved health insurance and self-esteem, more energy, and weight reduction will naturally follow. When we do not receive constant and sufficient emotional nurturance during our early years, we are at greater threat of seeking it from external sources, such as for example food. Recent advances in brain technology have uncovered the crucial role that our early social and emotional environment takes on in the advancement of imbalanced eating patterns. We are not truly starving, choose unhealthy comfort food types, or eat beyond fullness, something is out of balance. You' The good news is that the brain can be rewired for ideal emotional health. When Meals Is Comfort presents a breakthrough mindfulness practice called Inner Nurturing, a thorough, step-by-step program produced by an writer who was simply herself an psychological eater. Despite logical arguments, we've problems modifying our behavior because we have been under the influence of an emotionally dominant portion of the human brain. I learn how to nurture yourself with the loving-kindness you crave and deal with stressors more easily to be able to stop embracing food for comfort and ease. Learn Inner Nurturing and End Emotional Taking in If you regularly eat when you'



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My mother was an extremely anxious woman and used meals as a tranquilizer to calm herself. Helpful Helpful tools to understanding overeating or simply using food for comfort. They helped me somewhat to acknowledge that I am a meals addict and emotional eater/controller, however until reading Julie Simon's new publication, *When Food Is usually Comfort*, I did not fully understand the partnership between my childhood insufficient nurturing and my inability to soothe myself from unpleasant emotions. But you may become a caregiver for yourself and be a great one because you know what you need most. I was very much looking towards reading this new publication by Julie Simon. I recommend this book in case you are seriously interested in getting well mentally, physically and spiritually. Highly Recommended I unquestionably enjoyed reading Julie Simon's new book 'When Food is Comfort and ease'. As someone who has struggled with disordered consuming for a large part of my entire life I seek material which will help me to understand the disorder and how to properly manage it. I have found that Julie's method of describing one's romantic relationship with food will go beyond "gluttony" or "greediness". The hyperlink between psychological eating and someone's inability to connect to oneself internally is a huge section of the issue. I read her first reserve, *The Emotional Eater's Restoration Manual*, and found it to become a fantastic resource and incredibly useful in addressing my emotional eating. I recommend reading this book because it offers helped me and I believe it will also assist you to. This book is crucial for anyone who has struggled with emotional eating. I would recommend this book to anyone no matter where you may be with emotional eating problems. This book is a MUST for anybody who has struggled with emotional eating. *When Meals Is Convenience*, builds upon the foundational equipment and actions in her first reserve and delves into the lack of nurturing and validation one experiences as a child because the impetus of a kid's stunted psychological develop and inability to self-nurture gives rise to the reliance on food for emotional comfort. The reading displays me how exactly to be my very own inner therapist. powerful book This is an excellent hands-on book coping with unwanted weight and emotional eating. I was curious how much even more she had to say about emotional eating. She has set out a very straightforward skills process for regulating behaviors and establishing limits in order that anyone suffering from emotional eating will start to practice the self-reflective abilities (and in turn help out with the physical switch of the self-regulatory circuits in the brain) and can begin to heal from their core wounds and also their psychological eating. where she shares a ton of information useful to you right now. Moreover, Julie doesn't 'blame' a kid's caregiver or mother or father for failing woefully to meet their kid's early developmental requirements and empowers the struggling emotional eater to reclaim their power and heal themselves without food. I am happy this book and Julie's insight and methods are available to those experiencing emotional eating, an "eating disorder" that's not well understood, and those struggling with the shame and isolation of emotional eating an empowering way to begin with to heal themselves.) That is clearly a genuine and valid emotion. In thoughtful and empathetic basic language, it can help a person identify psychological overeating, explanations why he/she overeats, & most importantly how to proceed about it. Listen to my interview with her on *Get Over IT!* While the damage has been carried out, Julie shares her approaches for an emotional eater to heal from the wounds and traumas, using personal illustrations and a gentle non-shaming tone. A therapist who says things such as: You do not seem to be really starving but I observe that you feel unfortunate (find also: invisible, angry, unlovable. Recommended reading This book along with the author's previous book, *The Emotional Eater's Repair Manuel*, has made my life better. What can we really do which might make one feel better besides eating the Snickers bar that's trying to leap into your mouth?

Perchance you could pet the cat, walk your dog, repot a plant, listen to music, etc. (Sometimes my inner therapist includes a joke which works well for me.) We particularly like how this reserve did not turn to blame me personally or any other person in my own life. It points out that any caregiver in anyone's existence was dealing with their own struggles and may miss being as beneficial to their charge as they could possess been. It includes this same kindness to the person who struggles with overeating. Regardless of what care you received as a child, it may have not worked for you. I now have a variety of skills to address these thoughts and emotions without the need to holiday resort to food simply because my comfort and ease and coping mechanism. Every other book I've read on psychological eating makes a spot of informing us to understand our feelings, but this book focuses on that aspect instead of making it just one single step in the procedure. You can regain your life! She teaches how, rather than running away from negative emotions or attempting to subdue them — to handle them and procedure them mindfully, enabling us to rely less on overeating or various other addictive behaviors. The kindness and caring that stream out of this author are accurate and inspiring. We are in need of more of that on the planet. The book you will need unless you know why you take in so often. This book goes deeper than any I've continue reading understanding and coping with emotional eating. Julie Simon requires us through every minute stage of her process with clients and provides us the right questions to inquire ourselves to get to the root of our need to eat for ease and comfort. The book details specific actions to take to do just that. One of my favorite parts of *When Food Is Comfort* is how validating the message is to those experiencing emotional eating. Addressing numerous causes of weight gain, Julie Simon concentrates on unprocessed emotions leading us to get comfort through eating. It is a pleasure to learn and has taken up residence on my bedside table. I would recommend this book if you are looking to lose weight and obtain more touching oneself. I've attended and belonged to a 12 step recovery group for days gone by 11 years. *Rewire your brain to lose weight and get healthy* Simin has written a book on what our emotions affect our eating and therefore our weight. This is not a diet book. I found this new reserve both enjoyable to read and incredibly enlightening. She feels that when we allow ourselves to get in touch with and understand the root cause of our emotions we will minimize stuffing ourselves to feel better. Whenever I was upset, she would bake incredible treats for me or take me out for something. This publication helps me focus on requesting myself a issue before I eat: Do I feel starving or am I consuming to squelch an unpleasant emotional feeling? I guess the apple doesn't fall far from the tree—I did so a similar thing with my kids. I am so pleased this resource is available for all those suffering alone and I am proud to maintain it next to my bed and use it as I overcome my own struggles. You can still teach an old dog new tricks! The best chapter was "Pop the hood" since it gave me the opportunity to pause and check things away before resorting to my previous dysfunctional behaviors. *When Food is Comfort* supplies the reader with an in-depth look at where these issues stem and how creating nurturing connections can alleviate the sensation of "insanity" due to this issue. With her smart counsel, I adopted a nutrient-dense eating plan and I've lost the majority of the weight I needed to drop by following a skills, principles and procedures she teaches in that book. This reserve will go deeper into understanding the type and trigger of the problem, so the profoundly transformational answer offered makes complete feeling. Not built upon some crash diet or quick fix, Simon sets out and explores the complexities behind psychological eating. Actually, Simon will not advocate dieting. I really like the fact that she covers the idea of early nurturance without blaming caregivers. While my parents had been kind and loving, I believe they actually missed the mark with regards to nurturance. There is a remedy and healing that may follow I

have been dealing with an feeding on disorder for nearly 50 years. The reserve teaches you how to rewire your brain and nurture you to ultimately turn into a healthy and radiant being. Podcast. Five Stars Great read and definitely enlightening! The answer finally! Julie has strike the nail right on the head with this reserve. It is such a comfort (no pun designed) to read an explanation of WHY I've been carrying out what I've been doing all these years. On every page, I found myself stating, "Yes! That's it exactly!" (My book is currently covered in yellow highlighter.) It had been such a relief to know that someone really understands this problem and can not merely articulate how it had become, but offer an escape route to freedom. I have not however finished reading the book, as I am acquiring my period and savoring every tidbit, but having read Julie's previous reserve, "The Emotional Eater's Repair Manual," I understand that she presents great wisdom, compassion, gentle guidance, and a step-by-step method of a better romantic relationship not only with meals, but with one's personal. And I'm getting better each day at loving and accepting myself unconditionally. In her warm, caring, thoughtful method, Julie teaches us the immeasurably beneficial skill to be able to give to ourselves what we have typically looked externally to food also to others to give us, when it comes to soothing, validation, convenience, nurturing, and emotions of worthiness. Such an insightful book about how we have been with food This book is wonderful, written with compassion and insight about compulsive eating, but also about being whole. It helped me continue my exploration regarding the many ways i eat to take care of myself and offers tools which are manageable and seem sensible I read her prior book also which is not repetition but builds from there. I have read many books about psychological eating which has been so useful, begins reading for a second time as Im sure theres more to understand. gives me hope.



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