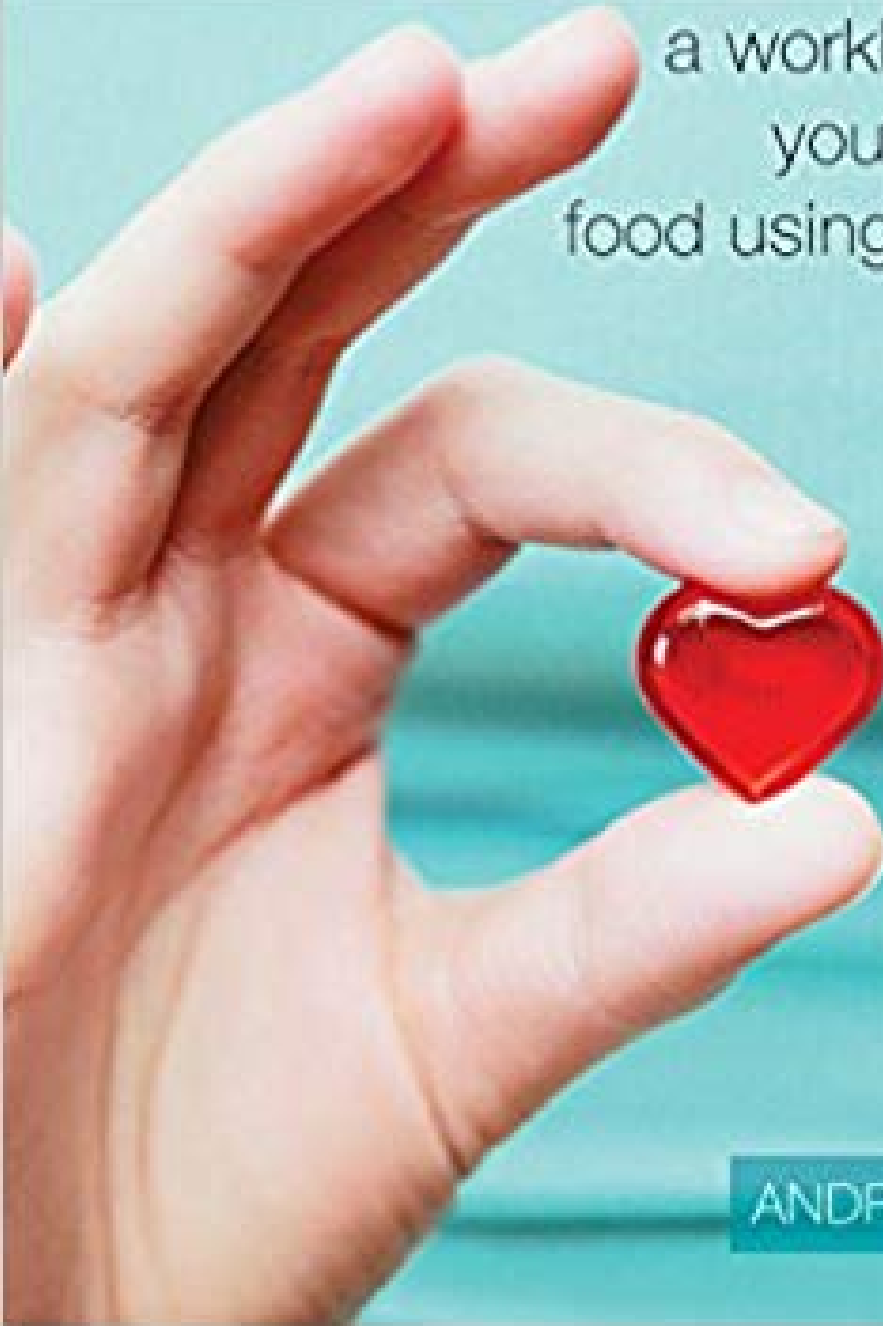


*a n i n s t a n t h e l p b o o k f o r t e e n s*

# getting over overeating for teens

A close-up photograph of a person's hand, with the thumb and index finger gently holding a small, glossy red heart. The background is a soft-focus view of a body of water under a clear sky.

a workbook to transform  
your relationship with  
food using cbt, mindfulness  
& intuitive eating

**\* cope with  
feelings**

**\* find healthy  
ways to fill up**

**\* increase  
self-esteem**

ANDREA WACHTER, LMFT

Andrea Wachter

## Getting Over Overeating for Teens: A Workbook to Transform Your Relationship with Food Using CBT, Mindfulness, and Intuitive Eating



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Transform your romantic relationship with food, once and for all. If you have a problem with overeating, you are not alone. Written by a family therapist and consuming disorder specialist, this skills-structured workbook will provide you with the tools you should manage your emotions and find the ease and comfort and sweetness you really seek in life--without overeating! Studies also show that millions of teens face issues with psychological eating and bad body image. *Getting Over Overeating for Teens*, written by an eating disorders professional who struggled with her own concerns as a teen, provides a prosperity of tools to help you change your relationship with meals. Using a approach that includes cognitive behavioral therapy (CBT), mindfulness, and intuitive eating, this book will concentrate on the emotional, mental, physical, and spiritual elements that are essential to overcoming overeating. With the powerful exercises in this book, you'll come to an improved knowledge of your urges to overeat, and learn skills such as for example emotion regulation, assertive communication, moderate eating, and dealing with cravings. Most significantly, you'll find healthy methods to fill up and apply what you've learned to living a healthier, happier life.



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Good information There's some information which will be good to use while working with teens. social abilities and various other related topics. Really helpful , practical book for adolescents struggling with overeating .This book delivers even more than the title, helping you to listen to your heart with kindness, compassion and understanding, becoming your own BFF. Instantly applicable help Note I did receive this book free of charge in exchange for an honest review on Amazon. I love the heart on the cover of the workbook. I believe this book does apply to teens and adults of all genders. thinking habits; This is the biggest shift for me as it led me to taking direct action to improve some significant points I was unhappy with in my life. Things have built from that basis in an extremely wonderful method to where I can say my life is totally different from that time this past year. Andrea offers suggestions and support in an exceedingly kind and extremely effective way. I specifically loved Andrea's approach of being kind with yourself. This book is excellent. With caring, warmth, understanding and skill, Andrea gives valuable information and examples of what to do to overcome overeating and heal in many ways. emotions; interactions; self-awareness; For example, an early on chapter asks what needs are not getting met and particular actions on how best to change that. Help for Adolescent overeating. The light-hearted tone makes it fun to read, in fact it is full of exercises that can be done in any order. I think it's an excellent publication for therapists who use teens to have in their treatment arsenal, in addition to for parents interested in assisting their teenager develop healthier eating patterns and better self-esteem. Andrea's workbook explores how our response to different emotions can lead to overeating. It will join my bookshelf as a prime reference for future work with teens. Andrea has created a fantastic and practical workbook for teens Andrea has created an excellent and practical workbook for teens, and anyone, to understand skills and tools to hear their body and center to overcome overeating and truly nurture themselves. A fantastic, nurturing tool for teens! Would recommend this workbook. It covers a range of relevant issues in a playful and interesting method, employing brief chapters to provoke insight and awareness about: food and body image; Having just completed the book, I could say that there have been many steps during that really kickstarted me into living a healthier, happier, more fulfilled lifestyle. If you want to find a way to connect to, and nurture, your heart to conquer overeating, you will find the answers close at hand in this wonderful book. Carol A Calgary, Canada Amazing! Love it!! Another great book. This book is amazing and inspirational. Not amazed of how well crafted and the fantastic tips and equipment that Andrea supplied since I have loved her previous book "Don't Diet, Live it" as well. I have recommended her previous book to many additional. It's written how children talk. This phenomenal book could really make a difference in the lives of young teens struggling with food, fat, and body images issues. Wonderful book to help teens improve their relationship with food and body image. Great reserve I recommend it. It is informative, with great instructions and good examples to retrain the human brain and heal your relationship with food. Very useful! In total opposition to controlling teenagers with external rules and diets, it helps the young person understand his / her relationship with meals in a nonjudgmental, non-shaming way, potentially resulting in wiser decision-making about meals. She helps the reader experience acknowledged and comprehended for having such emotions and provides many interactive tools for coping instead of embracing food for convenience. She helps build self-esteem and confidence with her actions by assisting to restructure mental poison and replacing them with positive thoughts. This workbook is simple to understand, the activities are easy and fun to do, and the outcomes leave the reader feeling empowered. (I went slow with the book :) If you want help to explore what's happening with you and methods to apply it to your life in a real way which will help you, I recommend this book. I highly recommend this publication to any teen who struggles with

overeating!Danielle Reyes RD, CDE I really like how accessible this reserve is I really like how accessible this book is. I've found great value in it in my personal experience and I could discover that this will in order well. In simple, simple language, Andrea has divided the elements of stuffing emotions through overeating --- and provided tools and exercises for starting to see and transformation patterns of behavior. I highly recommend it. In the meantime, I'm using the components she's offered right here to greatly help my pre-teen boy with his overeating.



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