



Eat Q: Unlock the Weight-Loss Power of Emotional Intelligence

By Susan Albers

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Susan Albers, Psy.D. presents a groundbreaking three-step program for conquering emotional eating—a practical, prescriptive, proactive approach using Emotional Intelligence that will help you slim down, eat healthfully and mindfully, and keep the pounds off.

Introduced by the author of the bestselling *The Hormone Cure*, Sara Gottfried MD, *Eat.Q.* goes beyond traditional diet books to explore the link between emotions and eating, revealing how, when you increase your Emotional Intelligence, you naturally increase your ability to successfully manage your weight. Explaining the link between a high Eat.Q. and a good relationship with food, clinical psychologist Dr. Albers guides you through the most common emotional barriers to healthy and mindful eating, and offers 25 tools and techniques you can use to tailor the plan to your individual needs.

Grounded in dozens of clinical studies that associate a low Emotional Intelligence with poor eating habits—including eating past fullness, eating when your angry or bored, and overeating favorite foods—*Eat.Q.* offers hope and help that works for anyone, no matter how many times they've tried to manage emotional eating in the past.

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Editorial Review

Review

At last—a book on eating well that puts everything you need to know in one place. Brilliant! (Christiane Northrup, MD)

“The key to achieving a long-term love affair with your body (and your food!) isn’t about fad diets or guilt trips to the scale. It’s about harnessing your emotions. Susan’s game plan to turn the proven power of emotional intelligence into eating intelligence means happier, healthier, smarter eating!” (Daphne Oz, chef, bestselling author, and cohost on ABC’S “The Chew”)

“This book gives readers a roadmap to help them gain better understanding of why they eat what they eat.” (Lilian Cheung, D.Sc., R.D., co-author, Savor-Mindful Eating, Mindful Life, Director of Health Promotion & Communication, Dept. of Nutrition, Harvard School of Public Health)

Most dieters build elaborate castles on shifting sand. Dr. Albers shows you how to shore up a solid emotional and mental foundation to sustain a healthy diet for years to come. If you want your healthy eating plan to last, read Eat.Q. (Shirzad Chamine, author of Positive Intelligence)

Susan Albers has done it again. EAT.Q is full of effective and practical tools that illuminate how we have the capacity, with our own awareness and hearts to have a wiser relationship to food and step into a life of greater nourishment, freedom and joy. (Elisha Goldstein, PhD, author of The Now Effect and co-author of A Mindfulness-Based Stress Reduction Workbook)

From the Back Cover

If you've ever asked yourself, "Why do I know how to eat healthier to lose weight but don't do it?" this is the perfect book for you.

Susan Albers, Psy.D., a psychologist at the Cleveland Clinic Family Health Center, has discovered that the key to successful weight loss is not physical exercise, calorie counting, or even willpower—it's emotional intelligence (EI). EI includes the noncognitive aspects of intelligence, such as optimism, impulse control, empathy, and the ability to manage stress, which are predictors of future success—including the ability to lose weight and to keep it off long-term. (In contrast, lacking these skills can ignite nutritional neuroses, food phobias, and disordered eating that can cause cravings, binges, and weight gain.)

EI skills have traditionally been used to help people navigate their relationships with other people, but Dr. Albers has learned how to use them to help people strengthen their relationship with food. Even the smartest people can struggle with their emotional intelligence, which can keep us locked in a vicious cycle of dieting failure.

In *Eat.Q.*, Dr. Albers uniquely and innovatively applies both self-help and business wisdom to weight loss for optimum success. You learn what your personal style is as it relates to your Eat.Q., and Albers helps you identify exactly what issues you have with eating. She discusses all different kinds of eating styles and explains each of the strategies, allowing you to customize her program to suit your total Eat.Q. profile—including your personal schedule, understanding what you eat and why, and how cravings,

environment, and mood affect your relationship with food. She gives you specifics, teaching you how to refine your needs and desires to achieve better results.

Increase your Eat.Q. to eat better, drop excess pounds, and settle at a healthy weight for the long-term. It's a revolutionary new way of eating better and feeling great about your body that will release you from the craziness of yo-yo dieting once and for all.

About the Author

Dr. Susan Albers is a licensed clinical psychologist at the Cleveland Clinic who specializes in weight loss, body image, and emotional eating. She graduated from the University of Denver and completed a postdoctoral fellowship at Stanford University. Dr. Albers has been a guest on *The Dr. Oz Show*, CNN, and NPR, and is frequently interviewed by *Prevention*; *O, the Oprah Magazine*; *Family Circle*; and *The Wall Street Journal*.

Users Review

From reader reviews:

Kathy Vaughn:

Book is actually written, printed, or highlighted for everything. You can understand everything you want by a reserve. Book has a different type. As we know that book is important issue to bring us around the world. Adjacent to that you can your reading expertise was fluently. A book Eat Q: Unlock the Weight-Loss Power of Emotional Intelligence will make you to always be smarter. You can feel far more confidence if you can know about almost everything. But some of you think this open or reading some sort of book make you bored. It is not make you fun. Why they can be thought like that? Have you in search of best book or ideal book with you?

Valerie Herrera:

Book is to be different for each and every grade. Book for children until finally adult are different content. To be sure that book is very important normally. The book Eat Q: Unlock the Weight-Loss Power of Emotional Intelligence seemed to be making you to know about other knowledge and of course you can take more information. It is extremely advantages for you. The book Eat Q: Unlock the Weight-Loss Power of Emotional Intelligence is not only giving you a lot more new information but also for being your friend when you really feel bored. You can spend your own personal spend time to read your publication. Try to make relationship with the book Eat Q: Unlock the Weight-Loss Power of Emotional Intelligence. You never feel lose out for everything when you read some books.

Patricia Ackermann:

Hey guys, do you wishes to finds a new book to study? May be the book with the concept Eat Q: Unlock the Weight-Loss Power of Emotional Intelligence suitable to you? The particular book was written by famous writer in this era. The particular book untitled Eat Q: Unlock the Weight-Loss Power of Emotional Intelligence is the one of several books which everyone read now. This kind of book was inspired many

people in the world. When you read this publication you will enter the new age that you ever know previous to. The author explained their thought in the simple way, thus all of people can easily to understand the core of this publication. This book will give you a wide range of information about this world now. To help you to see the represented of the world with this book.

Timothy Wingo:

Is it an individual who having spare time subsequently spend it whole day by means of watching television programs or just lying down on the bed? Do you need something totally new? This Eat Q: Unlock the Weight-Loss Power of Emotional Intelligence can be the answer, oh how comes? A fresh book you know. You are and so out of date, spending your extra time by reading in this brand-new era is common not a nerd activity. So what these ebooks have than the others?

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