



# Stop Eating Your Heart Out: The 21-Day Program to Free Yourself from Emotional Eating

By Meryl Hershey Beck

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## Stop Eating Your Heart Out: The 21-Day Program to Free Yourself from Emotional Eating By Meryl Hershey Beck

*Stop Eating Your Heart Out* speaks to anyone's challenges with food, weight, and emotional eating, and then offers a multitude of effective self-help tools. As the author discloses her very personal struggle with food and out-of-control eating, she is telling the story of millions of others who use food to self-soothe. The book's focus, however, is on recovery. In her wisdom as a licensed professional clinical counselor, the author enumerates methods that have worked for her and her clients over the past twenty years. Tools for recovery include Emotional Freedom Techniques (EFT), Inner Child work, 12 Step recovery, journaling, creative visualization, meditation, gratitude, conscious living, and so much more. Compulsive overeating is conquerable. If you, or anyone you love, want freedom from emotional eating, this book is for you.

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*By Meryl Hershey Beck*

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**Stop Eating Your Heart Out: The 21-Day Program to Free Yourself from Emotional Eating** By Meryl Hershey Beck Bibliography

- Sales Rank: #90841 in Books
- Brand: Unknown
- Published on: 2012-04-01
- Original language: English
- Number of items: 1
- Dimensions: 8.40" h x .80" w x 5.50" l, .75 pounds
- Binding: Paperback
- 256 pages

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### Editorial Review

#### Review

"Meryl Hershey Beck has presented 21 self-help tools in her thought-provoking, beautifully written *Stop Eating Your Heart Out*. She creatively and artfully takes us along on her journey as she combines tried-and-true-recovery methods, such as the 12 Steps, with the new energy techniques. If you have a problem with over-indulging and using food instead of dealing with feelings, then open this book and discover for yourself that you too can achieve freedom from emotional eating." --**Dr. James Durlacher, DC**, author of *Freedom from Fear Forever*

"An excellent resource. Here you will learn how to understand varieties of problems that contribute to overeating and how to sort these out. Helpful exercises at the end of each section will guide you on your path to a healthier, happier life." --**Daniel J. Benor, MD, ABIHM**, author of *Seven Minutes to Natural Pain Release*

"Meryl has written a book that illuminates the true path to recovery from compulsive eating." --**Jeanne Rust, PhD**, CEO/Founder Mirasol Eating Disorder Treatment Centers

"This is one of the best books on eating disorders that I have seen." --**Daniel J. Benor, MD, ABIHM**, author of *Seven Minutes to Natural Pain Release*

"Meryl Beck integrates some of the most effective weight management tools available into a 21-day plan that will empower you. You will also be able to identify with the author's personal story in ways that will be highly instructive for meeting your own challenges. We highly recommend this superb program." --**Donna Eden and David Feinstein, PhD**, co-authors of *Energy Medicine* and *Energy Medicine for Women*

"Meryl Beck's *Stop Eating Your Heart Out* is a must-have for anyone searching to make peace with food, weight, body image, and self-esteem because you will find that safe haven you are looking for right here. It is truly food for the soul. Meryl takes this complex and important issue that plagues millions and breaks it down into bite-size, palatable pieces that you can easily digest and lovingly weave into your everyday life. Plus, you will get the pleasure of absorbing all the soul-filled nutrients that are present on each page. I highly recommend this book. Your life will never be the same." --**Bronwyn Marmo**, bestselling author of *The Food is a Lie: The Truth is Within*

"*Stop Eating Your Heart Out* is rich with powerful tools to heal overeating. If you are ready for change and want compassionate and nurturing support on your journey, this book may just be the recipe." --**Sylvia Haskvitz**, author of *Eat by Choice, Not by Habit*

"Beck, a licensed therapist with extensive experience treating eating disorders, takes a multifaceted approach to helping those with clinical eating problems overcome them. The book barely mentions food per se, but rather views eating disorders as brain-generated conditions, thus potentially brain-cured. A variety of approaches are suggested--one for each of the title's 21 days. Among the solutions offered are a 12-step program modified from Alcoholics Anonymous, journaling, finding a support group, developing spiritual growth through prayer and meditation, creative visualization, and undertaking personal energy work. An appendix includes a listing of various 12-step groups, online resources for information on eating disorders as well as eating disorder treatment centers, and, finally, an extensive list of recommended reading. VERDICT

This book is not recommended for dieters but rather those with clinical eating disorders ready to undertake a great deal of work to seek treatment and wellness. Best for specialized health collections and public libraries with large health collections." --**Olga B. Wise**, *Library Journal*

"From the first moment you start reading Meryl Beck's *Stop Eating Your Heart Out*, I think you'll feel like you're with one of your best friends--someone who loves you, cares for you, and really accepts you just the way you are. I did. Meryl's honest presence and simple, doable approaches fill the pages and made me feel supported and that her suggestions were going to be easy to follow and really helpful. If you've got the chains of emotional eating holding you back, Meryl will help you be free." --**Tapas Fleming**, founder of Tapas Acupressure Technique®, *tatlife.com*

"*Stop Eating Your Heart Out* is a well thought out book that will help those with emotional eating find a path to recovery. Meryl Beck's personal story illuminates the journey and her practical step-by-step guide provides touchstones that anyone can follow to find healing from emotional overeating." --**Carolyn Coker Ross, MD, MPH**, author of *The Binge Eating and Compulsive Overeating Workbook*

"Meryl has written a wonderful book that demystifies Twelve-Step Recovery and brings the healing tools within Twelve-Step programs to us all. Her book is a valuable contribution in the field of emotional eating recovery. Readers will gain personal insight as well as practical tools for healing and living well." --**Joanna Poppink, MFT**, psychotherapist, lecturer, author of *Healing Your Hungry Heart*

#### About the Author

Admired for her authenticity, Meryl Hershey Beck, a licensed professional clinical counselor, is appreciated and respected for her clarity and constancy in doing the hardcore work in finding no-kidding solutions to end the misery of addictions. She spent the first half of her life as a closet eater, gaining weight and feeling overwrought. Once she became active in 12 Step support groups, the bingeing -- fueled by anxiety, low self-esteem, and the desire to escape -- started to wane. Intent on uncovering the root cause of her overeating, Meryl began to incorporate other modalities in her quest for self-understanding. As a counselor, teacher, and author, Meryl joyfully shares these many tools and techniques that skyrocket personal growth and curtail emotional eating. She lives in Tucson, Arizona, and offers private coaching, classes, and trainings throughout the world. Visit her at [www.stopeatingyourheartout.com](http://www.stopeatingyourheartout.com), [www.haltemotionaleating.com](http://www.haltemotionaleating.com), and [www.learnRITT.com](http://www.learnRITT.com). Contact her at [info@stopeatingyourheartout.com](mailto:info@stopeatingyourheartout.com).

Jeanne Rust, CEO and founder of Mirasol Eating Disorder Recovery Centers

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#### Misty Barrientos:

Now a day folks who Living in the era where everything reachable by interact with the internet and the resources inside it can be true or not involve people to be aware of each information they get. How people have to be smart in getting any information nowadays? Of course the solution is reading a book. Looking at a book can help people out of this uncertainty Information specially this *Stop Eating Your Heart Out: The 21-Day Program to Free Yourself from Emotional Eating* book since this book offers you rich information and knowledge. Of course the information in this book hundred % guarantees there is no doubt in it you know.

**Gladys James:**

Information is provisions for individuals to get better life, information currently can get by anyone with everywhere. The information can be a knowledge or any news even a huge concern. What people must be consider any time those information which is inside the former life are hard to be find than now could be taking seriously which one would work to believe or which one the particular resource are convinced. If you have the unstable resource then you have it as your main information we will see huge disadvantage for you. All of those possibilities will not happen with you if you take Stop Eating Your Heart Out: The 21-Day Program to Free Yourself from Emotional Eating as your daily resource information.

**Alberto Redden:**

Reading can called brain hangout, why? Because when you are reading a book specially book entitled Stop Eating Your Heart Out: The 21-Day Program to Free Yourself from Emotional Eating your brain will drift away trough every dimension, wandering in most aspect that maybe unfamiliar for but surely will become your mind friends. Imaging every word written in a reserve then become one form conclusion and explanation that will maybe you never get just before. The Stop Eating Your Heart Out: The 21-Day Program to Free Yourself from Emotional Eating giving you yet another experience more than blown away your thoughts but also giving you useful info for your better life in this particular era. So now let us present to you the relaxing pattern is your body and mind will probably be pleased when you are finished examining it, like winning a sport. Do you want to try this extraordinary paying spare time activity?

**Marie Walsh:**

Are you kind of busy person, only have 10 or perhaps 15 minute in your moment to upgrading your mind talent or thinking skill also analytical thinking? Then you are having problem with the book when compared with can satisfy your short space of time to read it because all this time you only find book that need more time to be learn. Stop Eating Your Heart Out: The 21-Day Program to Free Yourself from Emotional Eating can be your answer as it can be read by anyone who have those short extra time problems.

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