



Weight Loss for People Who Feel Too Much: A 4-Step Plan to Finally Lose the Weight, Manage Emotional Eating, and Find Your Fabulous Self

Colette Baron-Reid

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Here's the truth: **Other people's drama is making you fat.**

You're a good person. You feel for other people's troubles and challenges. Heck, you're probably the go-to person for a whole list of people when the going gets tough!

But is your caring nature keeping you out of the best shape of your life?

Break the cycle and be the loving person you are—without letting other people's drama keep you from being a hot mamma!

Weight Loss for People Who Feel Too Much focuses on the keys to weight loss for sensitive people. With a simple, practical program, bestselling author and internationally renowned intuitive counselor Colette Baron-Reid shows you how to release the extra pounds and create a new, healthy relationship with your body, your weight, and food.

This 4-step, 8-week program will show you how to finally let go of what's weighing you down, physically and emotionally. You will learn how to:

- Reverse empathy overload and establish healthy boundaries
- Avoid the “noisy” trigger foods that lead to autopilot eating
- Deal with challenging situations and avoid your detours, from procrastination to perfectionism, that sabotage the success you deserve

This book is your guide to having a new healthy, loving relationship with your food and your feelings. It's the end to other people's drama—and the beginning to the body (and life) you deserve!

From the Hardcover edition.

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Anita Winn:

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Brenda Lee:

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Effie Steger:

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