



# **Busy, Stressed, and Food Obsessed!: Calm Down, Ditch Your Inner-Critic Bitch, and Finally Figure Out What Your Body Needs to Thrive**

*Lisa Lewtan*

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When stress comes knocking, we eat. When we're celebrating, we eat. When we're happy, sad, angry, bored, or relaxed, we eat. Whether we feel good about our bodies or loathe what we see in the mirror, we eat. And often, we hate ourselves for it.

Diets don't work. "No pain, no gain" tactics are emotionally and physically draining and ineffective, and they often employ shame and guilt--two excellent motivators for comfort eating.

Food is the ultimate double-crosser. It provides pleasure and pain in equal measure, but unlike people, you can't break up with food. Instead, you need to change how you think and relate to food so you reap the positives without letting it drive you to distraction.

Healthy living strategist and personal coach Lisa Lewtan has the answer: an honest exploration of your relationship with food. Through mindfulness exercises and self-examination, you'll learn to identify the chemical and emotional triggers that encourage you to eat and how to live a life where food strengthens, rather than weakens.

*Busy, Stressed, and Food Obsessed!* offers a chance to transform your frenemy into a true friend. You deserve a healthy and delicious relationship with the food you eat.

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