

TFM Book Club

June & July 2024

THE EMOTIONAL EATER'S REPAIR MANUAL

A Practical Mind-Body-Spirit
Guide for Putting an End to
Overeating and Dieting

Author
Julie M. Simon



For the months of June and July 2024 TFM's Book Club will be reading ***"The Emotional Eater's Repair Manual: A Practical Mind-Body-Spirit Guide for Putting an End to Overeating and Dieting,"*** by Julie M. Simon. It is now newly available in audio, too!

We're going to take our time with this one, as it's a deep subject. It will be discussed on 9 Mondays in June and July. ❤️

The book's description follows:

Despite our best intentions, many of us find ourselves routinely overeating at meals, snacking mindlessly, or bingeing regularly. As emotional eaters, we turn to food for comfort, soothing, distraction, and excitement. There's a disconnection fueling our eating, robbing years from our lives, and we know it. We're tired of restrictive diets that lead back to overeating, and we're ready to try something different.

Therapist and life coach Julie Simon offers a new approach that addresses the true causes of overeating and weight emotional and spiritual hunger and body imbalance. The Emotional Eater's Repair Manual presents five self-care skills, five body-balancing principles, and five soul-care practices that can end overeating and dieting forever. You'll learn to nurture yourself without turning to food, to correct body and brain imbalances that trigger overeating, and to address your soul's hunger. Weight loss, more energy, improved health, and self-esteem will naturally follow.

Chapter Breakdown - So that we all stay on the same page for our weekly discussions.

SPECIAL NOTE: Coach Terri Lance will join us for the last TFM Book Club meeting in July, on the 29th.

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<u>Dates</u>	<u>Chapters</u>	<u>Pages</u>
June 3 2024	Part 1: Intro - Chapter 2 (Skill #1)	xi-42
June 10, 2024	Chapter 3 (Skill #2)	43-64
June 17, 2024	Chapter 4 (Skill #3)	65-94
June 24, 2024	Chapter 5 (Skill #4)	95-115
July 1, 2024	Chapter 6 (Skill #5)	117-138
July 8, 2024	Part 2: Chapters (skim 7 & 8) read 9 & 10	141-221
July 15, 2024	Chapters 11 & 12	223-240
July 22, 2024	Part 3: Chapters 13-18 & Afterword	243-311
July 29, 2024	Guest Coach Terri Lance to dialogue about the whole book.	Questions