



Weight Loss for People Who Feel Too Much: A 4-Step, 8-Week Plan to Finally Lose the Weight, Manage Emotional Eating, and Find Your Fabulous Self

Colette Baron-Reid

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From internationally renowned **intuitive counselor, life coach, motivational speaker, and author Colette Baron-Reid**, a **four-step, eight-week program** for managing empathy overload--the **hidden cause of unwanted weight gain**.

From her personal experience and work with thousands of clients, Colette Baron-Reid understands **the real reason many of us struggle to lose weight and keep it off**. It isn't that we don't know what to eat or that we don't have enough willpower; it's that **we are responding to feeling too much**.

Weight Loss for People Who Feel Too Much focuses on the **keys to weight loss for sensitive people**: managing empathy, setting and maintaining healthy boundaries, eating to support well-being, and dealing with challenging situations that can trigger disordered eating. With a **simple, practical program**, Colette shows you **how to release the extra pounds and create a new, healthy relationship with your body, your weight, and food**.

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