

OVEREATING FIRST AID KIT

If you're anything like me, you love to learn but sometimes have a harder time applying what you've learned to your life.

Your knowledge on all the weight loss tricks and hacks can be expert-level, but how do you connect that learning to what you do in the actual moment when all you know is that you want to eat?

This Overeating First Aid Kit is exactly what you need to make the connection between conceptually understanding how to stop overeating and actually doing it.

The purpose of a first aid kit is to give you exactly what you need right when you're struggling or suffering. This Overeating First Aid Kit is no different.

In this kit, you'll find three short audio recordings.

Listen to these audios anytime you are struggling with the desire to overeat, even if you've already started eating or drinking.

STOP STRESS EATING

Do you sometimes find yourself shoving food in your mouth before you even know what hit you during a stressful or busy day at work or at home? Pop in your earbuds and listen to the **Stop Stress Eating** audio.

STOP NIGHTTIME EATING

Struggling to stop munching through the pantry in the evenings? Settle into your comfiest chair and listen to the **Stop Nighttime Eating** audio.

PROCESS THE DESIRE TO EAT OR DRINK

Are you preoccupied with the strong desire to eat more than your body needs or to have yet another glass of wine? Take a breath and let's work on it together with the **Process the Desire to Eat or Drink** audio.

2 WAYS TO LISTEN

At first, you may need to listen more than once to find relief.

Over time, my voice will become part of the way you naturally think. You'll be able to process your emotions and move forward with your day – without overeating.

1. PRIVATE PODCAST

To make these audio recordings super easy to access whenever you need them, we've created a special private podcast for you. Subscribe by simply selecting your preferred podcast app at the link below.

Questions or issues?
Check out the FAQ page [here!](#)

**SET UP MY
PRIVATE PODCAST**

2. LISTEN ONLINE

The audio recordings are also available for you to listen to online.

Bookmark the page linked below and return as often as you like!

**LISTEN TO THE
RECORDINGS ONLINE**

Need more help applying what you know about weight loss into action?

I created the Weight Loss for Doctors Only group coaching program exclusively for you. To learn more about my next coaching group, [CLICK HERE!](#)