EMOTIONAL BRAIN TRAINING Laurel Mellin, PhD   Emotional Brain Training (EBT) is a
science-based program of emotional neuroplasticity in which people use simple tools to raise their
brain’s set point for optimal well-being. As with any skills training program, EBT is not without risk
and may be unsafe or ineffective for some people. If you have any psychological or medical
problems, consult with your physician and other health professionals before beginning this
program. EBT is not medical care, but skills training that can be used in support of improved
preventive and therapeutic healthcare outcomes. Using the program with the training and support
of a Certified EBT Provider is recommended. The outcomes associated with self-study use of EBT
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are composites of several individuals and the names of all individuals have been changed to
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However, they facilitate EBT services outside of their license(s). All providers complete both
personal and professional training in the method. To learn more about certification training in EBT,
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We are entering the age of emotional neuroplasticity, in which people learn simple tools and, instead of living with problems, they rewire the circuits that cause them. Stress eating is a perfect example of such a problem. Nearly everyone stress eats, and that eating is caused by emotional wires, wires that are highly plastic, which we can rewire. The purpose of this book is for you to experience and become excited about your natural power to change your brain, and thereby, your approach to life. It is based on Emotional Brain Training (EBT), a set of tools that are science-based and remarkably fun to use. A new way to approach overeating Instead of thinking of overeating as a habit, you’ll peer past the observable behavior to the wires that control that behavior. All responses to life are circuits, or strings of nerve cells (“neurons”), that record how we have responded in the past. When they are activated it is easy for us to automatically repeat old responses. Overeating is a wire. When we overeat, a wire has triggered us, but the entire process involves three steps. Step 1. A wire is triggered The first step in overeating is to trigger a Stress Circuit that tells us to overeat. These wires are encoded early in life and later during stress overload and consist of a false association between meeting our basic need for safety, love, comfort, or pleasure and overeating. Step 2. That wire activates the Stress Triangle The wire triggers a chemical and electrical charge that activates the brain’s Stress Triangle, including the stress center (amygdala), the reward center (nucleus accumbens), and the appetite center (hypothalamus). Once triggered, it causes chemical imbalances in insulin, cortisol, and dopamine and a cascade of chemical changes that impact every cell of our being. These chemical imbalances, among other adverse effects, can cause cravings, hunger, overeating, and weight gain. Stress Circuits Step 3. We stress eat! What do we do? We overeat. The drive to overeat is so strong that we are past the point of no return. It doesn’t matter what we “should” eat, as the chemical drives are so strong! The thinking brain (prefrontal cortex) goes offline, and allows the Stress Circuits that are stored in the emotional brain to drive our eating. This is a universal process! You are not alone. All emotions, thoughts, and behaviors are activations of strings of neurons or “circuits.” If a stimulus enters the brain and a Stress Circuit that tells us to overeat is dominant, then the brain will activate it. We will overeat. If a Joy Circuit that tells us to eat healthy is dominant, then the brain will activate it. We’ll eat healthy. These wires are “unconscious” so we have no “body feel” that they are controlling us, but they are. With EBT, we turn the tables on those wires! Step 1. Stop all food
judgments These unwanted wires were encoded without your permission or awareness. The Stress Circuits are the bullies of the brain and they short-circuit our wise judgments and healthy ways of coping. We have circuits that cause overeating because nobody told us they were just wires and we could rewire them! Scientific research didn’t reveal this until recently. What’s more, the tools that shut off and rewire Stress Circuits are just now becoming widely available. Trying to stop a behavior without rewiring the underlying circuit is enough to make a person laugh or cry or both. How preposterous! We’re going to go against a fight-or-flight drive to overeat? Ridiculous! So, stop judging yourself for your eating, your weight, or your cravings! Step 2. Use clear, brain-based language about stress eating If you talk to people about your food or your diet, you’re training your brain to continue the old pre-neuroscience approach to overeating. Avoid that. Instead, update your language to reflect the reality of the problem: it’s a wire. I told my daughter that I am working on the wire that makes me want to binge on cookies. She had no idea what I was talking about, but in time it will sink in. I want her to know she has the power to change her habits but needs to address the root cause: a pathway in her brain. My buddy is a drinker. He has a drinking wire, and my wire is overeating. We both have wires to work on, and I think my food wire is at least as strong as his drinking wire. My best friend and I ate our way through our divorces, and when we get together, she talks about doing things like going on a fast together. I tell her that I am dealing with my food wire. My project is to short-circuit that wire, to eat healthy naturally. The more I talk about wires, the more powerful and excited I feel. This could be fun. Step 3. Rewire a stress eating circuit and have fun doing it! Instead of focusing on food, you’ll be on the hunt for the wires that trigger you to overeat. It’s great fun to target and hunt down these wires and transform them. Take a moment and anticipate how it would be to discover and clear away a wire that has been tormenting you for a long time. Each time you use the EBT tools to discover the hidden message in your stress wire, you have an “aha” moment. When the unconscious message stored in the emotional brain becomes conscious, and is processed by the neocortex, we experience a surge of dopamine and a splash of endorphins. That’s right – rewiring is fun and feels great. I thought my relationship with food was based on loving to eat. However, when I used the EBT tools to discover the hidden message in my wire, it was completely different. My drive to overeat came from seeking safety, and food gave me a feeling of security and protection. Understanding myself made my entire body relax! I have a wire that makes me judge my body. I do it unconsciously all day long, comparing myself to other women, saying nasty things to myself about my thighs. I can’t stand that circuit and I’m going to love trampling on it! I binge eat and know it is a bad habit and the cause of me keeping on a great deal of extra weight. When I discovered that I eat for love, that my brain mixed up food and love and caused me to eat until I was stuffed, I smiled and hooted. Who would have known that?!

Prepare for Success

Step 1. Stop all food judgments.
Step 2. Use clear, brain-based language about stress eating.
Step 3. Rewire a stress eating circuit and have fun doing it! The tools are exciting to use “and they work!” The tool that unlocks our stress circuits and surprises us with the hidden messages stored in our unconscious mind is the Cycle Tool. Most people find the power of the technique surprising. For instance, a few months ago, I was in the lobby of the San Francisco Hyatt Regency. Having just delivered a presentation on EBT at an obesity medicine conference, I was relaxing, relieved to be done. I noticed a physician with a conference badge on her jacket hurrying along the nearby hallway. She was raising an oversized candy bar to her mouth, about to take a bite. Our eyes met, and at first, she blanched, but then we both smiled, musing at the irony of the experience. An obesity doctor who had just listened to my talk was about to succumb to stress eating! I called out to her half-jokingly, “Do you want to give EBT a try? It only takes a couple of minutes!” She smiled, blinked twice, and then nodded eagerly. She came right over, sat down next to me, and I began guiding her through one of the EBT tools. About three minutes later, her face brightened. That meant that the tool had worked. She was at Brain State 1, optimal connection, which shuts off the chemicals that drive cravings, hunger, lethargy, and weight gain. The woman widened her eyes. She laughed, placing both hands over her mouth. She said, “Oh my gosh. It
actually works!” Then she looked down at the candy bar on her lap. She winced and told me, “A few minutes ago, all I could think about was this candy. I craved it. I HAD to have it. Now, it looks completely . . . disgusting to me! All those preservatives, the corn syrup, and those fake ingredients!” A moment later she dashed back toward the lecture hall, and before disappearing into the crowd, she darted over to a nearby receptacle – and tossed the candy bar into the trash.

**Enjoy exploring your unconscious mind** Using emotional tools to peer into your unconscious mind is not only powerful, but enormously fun. If you ever wondered “why” you overeat, your emotional brain will answer that question for you! Just use the tools of the method and you’ll discover truths about your past experience. This is perfect, because it is by knowing ourselves that we find compassion, and that fuels our desire to eat healthy and release extra weight. Count on having a delicious journey through this book as you use the tools. When you rewire a circuit, you discover truths about your past experiences, deepen your self-knowledge, and promote self-love and understanding. Sometimes while rewiring a circuit, you may even re-experience the time when it was encoded. That happened for me. One day when I was using the Cycle Tool, my mind flashed on the moment when my stress eating wire was encoded. I was 11 years old, and had come home from school after a really hard day. One girl, Janet, was bullying me, and I had just run for 6th grade vice president and lost miserably. The school secretary posted the vote count on the office bulletin board for everyone to see. Next to my name was my vote count: two, and one was my own vote from myself! After dropping my school books on the kitchen table, I spotted a rectangular package of cinnamon rolls with white swirls of icing on the counter. A light in my brain turned on, and I went for them. I ate three big ones and encoded my food wire, which stayed stuck in my brain for over 20 years, triggering sugar binges, overeating, and a strong drive to use food as a love substitute. I had no idea then that it was just a wire – one that I would later rewire. However, from that experience of discovering the wire, I stopped judging myself about my sugar cravings and food binges and felt more peace and power from within. The sacred nature of that moment of recognition continues to nourish and deepen my love for myself, and, ultimately, it is that loving connection within that shuts off overeating, and activates the desire to eat healthy. **We need a new, brain-based approach** We have tried so hard to stop overeating by using traditional approaches. They were all developed 50 to 100 years ago, before 1990 when the decade of the brain ushered in new approaches based on neuroplasticity. We have tried! We have stapled our stomachs, debated diets, instituted legislation against sodas, displayed calorie counts on menus, and cleaned up areas lacking access to healthy food. Yet despite these massive efforts to promote healthy eating habits, the U.S. daily consumption averaged 2,481 calories per person in 2010, up 23 percent from energy intake in 1970. Our vegetable and fruit intake is down 14 percent since 1970. Comfort food intake (refined carbohydrates and fats) makes up 60 percent of our calories. Currently, according to government statistics, 70 percent of Americans meet the criteria for overweight, and 40 percent meet the criteria for obesity. The cost of obesity, from diminished life expectancy and lost income tallies up to $8,365 for women and $6,518 for men per person annually. The national estimated annual healthcare cost of weight-related illness is $190 billion, amounting to about 21 percent of healthcare expenditures in the United States. Yet we continue using failed approaches rather than going to the root cause of the problem and rewiring the drive to overeat. With all this emphasis on what we eat and no simple system for categorizing our stress eating style or changing the wiring that activates it, our relationship with food has suffered, too. More and more of us are stressed about what we eat. Nearly 80 percent of women and almost 70 percent of men in the U.S. report guilt about food, and about half of all adults report overeating enough in the last month to have a food hangover. Eating disorders throughout the world are on the rise, with 70 million people suffering from binge eating disorder. Neuroscience has advanced so dramatically, that there is no reason for us to suffer like this. It’s time to apply brain science to overeating and overweight so that we can experience optimal well-being – and more joy in our lives! **The 6 pioneers of EBT for stress eating** In developing this method, my colleagues and I closely adhered to the emerging sciences of neuroplasticity and neurophysiology. For this EBT stress eating program, we drew most heavily upon the work of these six scientific pioneers:

**Pioneer #1: Michael Merzenich, PhD â€“ The father of neuroplasticity** Neuroscientist Michael
Merzenich discovered that the brain is soft-wired, and proposed that the new science of brain plasticity can change our lives. His contributions range from being on the team that developed the cochlear implant for hearing loss to rewiring the brains of children, whether it is to overcome learning problems or to heal from trauma. Through his research in experience-dependent learning with non-human primates, he demonstrated that neuroplasticity remains through adulthood. Dr. Merzenich is a professor emeritus at UCSF and has contributed to more than 230 scientific articles. As a co-founder and Chief Scientific Officer of Posit Science, Dr. Merzenich heads the company's science team. He holds nearly 100 patents and spearheaded brain training as a new field in healthcare. Pioneer #2: Igor Mitrovic, MD â€“ The scientific director Neuroscientist and physiologist Igor Mitrovic began using the method personally in 2004, and, realizing that the book he was reading on the method was authored by another UCSF professor, contacted me, and the rest is history. As Dr. Mitrovic used the method, he sought to explain why it worked. He could see that it did, but as a scientist, he sought to identify its biologic basis. He conceptualized brain wires as either effective (“homeostatic”) or ineffective (“allostatic”). By defining these wires, they became entities to target and rewire. In collaboration with Lynda Frassetto, MD, Lindsey Fish, MD, and me, he conceived of EBT as a new paradigm in healthcare. Instead of treating the symptoms of these stress wires, we could go to the source and change the wiring itself. Pioneer #3: Robert Lustig, MD â€“ The stress triangle originator You may know of UCSF professor and endocrinologist Robert Lustig for his work with obesity and sugar, as well as addiction. His books, Fat Chance and The Hacking of the American Mind are great reading and background for this book. With colleague Michele Mietus-Snyder, a preventive cardiologist at the Children’s National Health System, Dr. Lustig conceptualized the Stress Triangle (Limbic Triangle) in the emotional brain, three brain structures – the stress, appetite, and reward centers – that cause overeating and weight gain. This is the triangle we seek to tame by using the EBT tools. Pioneer #4: Mary Dallman, PhD â€“ The comfort eating researcher Another UCSF professor, Mary Dallman, a neurophysiologist, discovered the relationship between overeating and stress. In fact, she showed that when we consume sugary, fatty foods, the brain’s stress center (“amygdala”) calms down. For the moment, our stress eases. The stress hormone (“cortisol”) cascade that feeds the Stress Triangle quiets down. That temporary “honeymoon” of calm is followed by the widespread amplification of stress, hunger, and cravings that causes weight gain and deposition of belly fat. The dopamine highs caused by sugar result in the draining of serotonin, so we are not only hungry and heavy, but depressed and sick. Pioneer #5: Elizabeth Phelps, PhD â€“ The emotional rewiring scientist Elizabeth Phelps, PhD, professor of neuroscience at Harvard University, conducted ground-breaking research that helps us understand more about how we can change our wiring. In her collaborations with Joseph LeDoux, Director of New York University's Emotional Brain Institute, she showed that these circuits are highly plastic, however, rewiring them requires an emotional spark—a stress activation. The EBT tools deliver that stress activation, whereas traditional methods do not include that essential spark. Pioneer #6: Bruce McEwen, PhD â€“ The chief of stress research The last of the pioneers is Bruce McEwen from Rockefeller University. His work on emotional plasticity theory is at the heart of EBT, explaining the persistence of eating and weight problems as symptoms of the cumulative effect of stress on the brain (allostatic load). With repeated episodes of psychological stress, and the additional stress from many sources, including eating sugary, fatty foods, and carrying extra weight, our stress “buzzer” becomes stuck on. This means that the Stress Triangle is chronically activated so even if we get a handle on healthy eating or weight loss, its biochemical surges (cortisol, insulin, ghrelin, leptin, and dopamine) are likely to cause rebound of overeating and overweight. Whom have we blamed for that? We have blamed ourselves, but no longer. The pathway to lasting improvements in eating and weight loss based on Dr. McEwen’s contributions is reducing stress overload and raising our brain’s set point. If itâ€™s not fun, itâ€™s not EBT I hope you find this book both fun and life-changing. You may never have started a healthy eating and weight program that told you your job is to create joy in your life, but joy is not optional. The brain insists that we feel rewarded, and if we do not deliver to it an abundance of natural pleasures, it finds artificial ones. Stress and artificial rewards can reduce the brain’s capacity to feel good, amplifying our drive to use artificial rewards just to feel normal. In fact,
about 30 percent of us are reward insufficient, with a low number of dopamine receptors, and most of the rest of us have a mild version of that. Radical joy becomes our needed defense against the addictive drives to overeat. The joy of emotional connection The brain’s ultimate natural pleasure is emotional connection. Each moment of warm connection with another person offers a surge of oxytocin, the natural appetite suppressant. Add to that the observation that the emotional brain changes best when we connect with others, and our emphasis on community makes perfect sense. You can create your own community with family and friends who are reading this book and/or join the EBT Community for ready-made private connections and small groups. Just visit ebt.org to join. Use the coupon code: stresseating to receive a discount on our Online PLUS membership. Honoring our amazing power As you learn these tools, you may become more aware of the power of your emotions. You might find that you become more vibrant and emotionally alive – sometimes silly and playful, sometimes pensive, other times full of passion! The EBT method makes it safe to be fully alive to your feelings. Those emotional experiences, whether they shut off the drive to overeat or amplify your self-compassion, were always there waiting for you. All you ever needed were the tools to access them. The Power of Joy At this very moment, you have circuits in your brain that naturally move you through stress to joy. By using the tools of the method, you’ll strengthen them and encode even more. In the state of joy, eating healthy comes naturally and the body begins to release extra weight with remarkable ease. The power of joy is astonishing. According to neuroscientist Anastasio Damasio, joy signifies the smooth workings of the operations of life. When we are in the “joy state,” the chemical and electrical surges that activate cravings, hunger, depression, lethargy, and weight gain quiet down. The EBT strategy to end overeating skips calorie counting and instead, counts moments of natural pleasure – Joy Points! Rather than calculating your caloric needs, you appraise how many moments of joy you require to stop wanting extra food. By training the brain to deliver that much joy, healthy eating and lasting weight loss can naturally follow. Tonight, at dinner I ate half what I normally do. I was full and satisfied on less food. How did that happen? Joy is a Brain State My pants are loose. I'm not sure why. I've been taking care of my body, but I'm not on a diet. My body seems to want to release weight. This is an exciting and fun course. Each day for 30 days you will learn one tool for creating joy in your life, then you will take another 30 days to make solid four new wires in your brain. The next step? Honor your brain’s natural desire for the seven rewards of a purposeful life – Sanctuary, Authenticity, Vibrancy, Integrity, Intimacy, Spirituality, and Freedom. Training your inner life to access these rewards raises your set point for profound and lasting changes in your life. The EBT Program Start with the 30-Day Challenge In just 30 days, you’ll learn how to turn stress into joy and rewire four major brain circuits. Start with rewiring the drive to overeat and boost the new wiring’s strength by rewiring a stuck mood, a challenging relationship pattern, and a leftover harmful attitude toward your body. Along the way, shape your lifestyle to bring you far more natural pleasure and vibrant living. Continue with The Second 30 Days Program After this major reset of your brain, you will need to take another 30 days to allow your brain to reorganize itself around this new way of living. You will not take on anything new. The unconscious mind needs this time, so you focus on clearing away the remains of those four circuits and living a vibrant life. Soon you will be ready for more . . . Raise your set point with Advanced EBT Once food and weight are no longer issues in your life, your unconscious mind will hunger for you to emotionally evolve. You will sense that there is no going back. You have already changed so much, why stop now? Whereas previously you came to EBT to solve a problem, now your interest naturally turns to accessing more of the rewards of a purposeful life: Sanctuary, Authenticity, Vibrancy, Integrity, Intimacy, Spirituality, and Freedom. You move into Advanced EBT, starting with the first advanced course – Sanctuary: Peace and power from within. This last phase of the training is the most important. You will be encoding circuits in your brain that create sturdy emotional pathways that move you through stress and its attendant self-doubt, shame, blame, disgust, and paralysis to a sense of safety from within, profound love, healthy comforts, and natural pleasure. The circuits that promote resilience will land you squarely into a world of purpose. The drive for artificial “hedonic” rewards, which so often deranges the elegance of our physiology, fades as we train our brain for the natural “eudonic” rewards of life. After using the tools in this book to clear
away circuits that block your joy, you can continue to use the tools to create a more secure connection with yourself. By doing so, you encode in your wiring the virtues of life that will hold you through any loss or challenge. What arises is a spiritual sufficiency that brings you self-reliance and freedom to do what you came to Earth to do. Imagine, it all began because you had a desire to stop overeating! When we step through the portal of the unconscious mind in pursuit of what we want, more often than not the universe or something greater than ourselves gives us precisely what we most need. It often arrives not in small measure, but in abundance. **How Does It Work?** Until the last decade, it was thought that our tangle of brain wires, or circuits, could not be changed. Or, if we could possibly change them, it was thought to require medications, surgeries, devices, psychotherapy, or something else that was not within our complete control. Now we know differently. We can train our brain – remodel it based on experience. The brain constantly reorganizes itself, updating our wiring. The very wires that impact our health and happiness the most are highly plastic. If we use emotional tools and focused attention, we can alter our own wiring! We can spot a problem that bothers us, use simple emotional tools, and weaken the wire causing the problem. If we want to encode a new and better wire, we can do that, too. This is a new paradigm in healthcare. **The brain seems to be a tangle of wires** **The brain makes it easy to target and change our wiring** Who would have thought that we could change our own wiring? Given that we each have about 100 billion neurons, each with up to 10,000 synapses, it would seem impossible to organize our wires. And it would be, except for the brain’s amazing power to do it for us – automatically and rapidly. **Our wiring automatically organizes itself by stress level** The brain has a built-in circuitry organizer, which makes that tangle of wires easier to control. It organizes our wires by stress level. When we’re in a particular level of stress, all the wires that record our past responses at that stress level are available to us. Based on evolutionary biology, we need to have instant access to wires (strings of neurons that form memories of past experiences) to replay quickly and easily. Instructions about how to get from each stress level to joy (or at least, a better state) are instantly accessible to us. When we access them, we stand a better chance of survival. For convenience, we have identified five levels of brain stress. To make it easier to find a wire that is controlling us – and our eating and weight – we number these stress levels, or “brain states,” ranging from very low stress to very high stress. If you are not very stressed right now, say low stress (Brain State 2), then the wires that tell you what to do when you are in Brain State 2 to meet your needs and reduce your stress are “hot” or “online.” If there were a basket of bread on the table near you, it would activate memories of what you did in the past when you were in Brain State 2 and saw a basket of bread on the table. The wires from the other brain states would be “cold” or “offline” and they would not interfere with your decision about what to do. **We can number our stress levels for easy access to our wires** If you were highly stressed, in Brain State 5, and saw the bread, and had overeaten bread in the past when you were that stressed, it would activate your “stress eating” wire and you’d crave the bread and immediately start eating it! It is easier for you to replay old tapes with minimal energy – thereby speeding up response time, which is good for survival! **At each stress level, a different brain area is in charge** We are very different in each stress level because for each one, the brain assigns a different area to be in charge. If stress is very low, we need to think more rather than run from lions, so it assigns the top part of the brain to be in charge. As our stress increases, the area in charge becomes more primitive and, although it responds faster (fight or flight), it is usually more extreme, ineffective, and prone to overreaction. The neocortex, which is our thinking brain and the seat of our consciousness, takes control when we are in low stress, whereas in high stress, the reptilian brain, the brain area given to extremes, is in charge. It’s normal to spend time in all five stress levels in any day. There are no bad stress levels. However, becoming stuck in high stress causes most of our emotional, behavioral, and health problems. **At each number, a different brain area is in charge** **We have a different basic need at each stress level** What is stress? It is the brain’s wake-up call, telling us that we have an unmet need. This is the primary function of the brain: to alert us to meet our needs, so that we take action and not only survive but thrive. At each level of stress, we have a different need. When we are in stress overload (Brain State 5), the brain is sure that we are going to die. We do not feel safe. The brain pulls out all the stops and
unleashes a fight-or-flight drive to survive. Even if the stress is caused by a psychological hurt, such as someone rejecting us, the brain unleashes an overwhelming drive to find safety. When we are at Brain State 4, we are definitely stressed. The brain looks for emotional connection, as our primary need is to emotionally connect to others for survival. Without that emotional connection, we would not have survived infancy. That connection was also necessary in order to survive during hunter-gatherer times. Our need in Brain State 4 is love. What about Brain State 3? In Brain State 3 we are a little stressed. Perhaps we are anxious or thinking too much. We need to find some small ways to feel better. Our need in Brain State 3 is for comfort. At each number, we have a different basic need When we are at Brain State 2, we feel good, but not great. We are present and aware, but the brain’s reward center is not activated. The brain demands that we not only ease our stress, but experience positive emotions and rewards. Our need in Brain State 2 is for pleasure. And at Brain State 1, we feel great. We experience the power of joy. We are at our best, and our need is to live a purposeful life. Needs not met? The brain often encodes a stress eating wire We have wires at each stress level that are enormously efficient in helping us meet our needs and return to joy. However, when a new situation arises and the brain can’t find an effective wire, its easiest solution is to prompt us to overeat. By reaching for food at that time, we encode a stress eating wire. Once encoded, the brain perceives the wire as effective and triggers it repeatedly. When we’re stressed, we go right to food. Food does not meet our underlying need, but we use it anyway, as our wiring tells us to eat in that way. Although overeating is easy and a quick fix for stress, our underlying need continues to be unmet, which stresses us even more. The stressed brain continues to trigger overeating, and we may even eat more. This is the brain’s way of asking, “How much do I have to eat in order to meet my need?” The answer is that no amount of food will meet that need, because we are not eating for bodily needs. We are overeating to try to meet our emotional needs. Even if we ate all day and all night, overeating would not meet our primary emotional needs. When we are very stressed, we need safety. The brain is disconnected, so even if we are safe, we do not feel safe. When we are a little less stressed, we search for love. In less stressed states, our needs are for comfort, pleasure, or purpose. Overeating sugary, processed foods does not fulfill those needs, even though a wire tells us that it does! Stuck in the Stress Eating Cycle The problem is that we are now wired to stress eat and people tell us to stop overeating. That’s ridiculous! We can’t stop overeating when our wiring tells us to overeat. In fact, the more we force ourselves to go against our wiring and deny our unmet needs, the more stressed we become. Now we are stuck in a stress eating cycle. We’re not sure why we are so hungry and so out of control. It’s not us! It’s that our wiring has caused us to be stuck in the stress eating cycle! We can break the stress eating cycle! Stopping overeating is so simple! The problem is that a wire is triggering us to overeat. It’s blocking our natural drive to eat healthy. What do we do? We break that wire. Once that old rusty wire stops bothering us, we can honor our natural drive to eat healthy. We can stop seeing our stress eating as a dietary problem. It’s a wiring issue. We can focus on changing the wire that triggers us to overeat. It’s a Stress Circuit (allostatic circuit), and we can begin to transform it into a Joy Circuit (homeostatic circuit) that helps us eat healthy and meet our needs. Breaking Free from the Stress Eating Cycle When we break that wire and step out of the stress eating cycle, legions of circuits that activate healthy eating begin taking charge. We start eating in a way that is in harmony with our evolutionary biology. Our ancestors were hungry when they ate. There were no processed foods back then, so they ate real, whole foods. What’s more, our ancestors had no electricity or batteries, so they ate during the day and took a rest from food for about 12 hours. This food rest at night corresponds to what we know about how long it takes the body to burn up extra blood sugar (glucose) from the day’s food intake, our body starch (glycogen), and begin to burn up body fat (triglycerides). We have had that natural drive within us all the time. Now we have the tools to access it. We can rewire our brain wires so that we can eat that way intuitively, giving ourselves just the foods our body needs. Now we have a way to be at peace with food and with ourselves. The 5 Eating Styles Identify your stress eating style, and rewire it! The solution to overeating is to discover the wire that blocks you from your natural drive to eat healthy and break it. Then two seemingly miraculous things occur. You start eating healthy naturally and you feel free to meet your basic needs in ways that
really work! If your stress eating wire is pleasure eating, when the wire isn’t bothering you anymore, you’ll start feasting on natural pleasures. Your senses will come alive! Food will taste better, and what you hear, smell, touch, and see will deliver an abundance of pleasure. If your style is to eat for comfort, once you’ve freed yourself of that wire, you’ll find hundreds of ways to comfort yourself. Instead of using food for comfort, then having a food hangover or living in a carb fog, you’ll notice that small acts of caring for yourself take hold. You enjoy being good to yourself in healthy ways. If your eating style is love, breaking that stress eating wire is so liberating! Now that food is no longer love, we become aware of the love inside us and tap into it, so that it’s easier to give and receive love. Our relationships naturally deepen. Last, if your stress eating style is safety, then breaking that wire transforms your life. The most common response to discovering this wire is a flooding of compassion for ourselves. Of course, we would have such strong drives to overeat. That wire told us food was the source of our safety, protection, existence, or security. We can exhale because we understand why the drive to overeat was so strong and why that wire made it impossible to stop stress eating. The 5 Eating Solutions By breaking that circuit, something deep inside us shifts. We connect to the deepest part of ourselves, our emotional and spiritual core. By doing so, we feel peace and power from within and nourish our spirits naturally and in ways that food never could. It’s a simple solution to stress eating The plan is rather simple. You’ll learn some emotional tools to short-circuit your stress eating and stop cravings, then move right into discovering your stress eating style and rewiring it. While you’re at it, you will rewire three other circuits so that it’s easier to eat healthy and release extra weight. Before launching the plan, please reflect on the story of your eating and weight, assess your current level of joy, and personalize your practice of using the tools. Tell Your Story The prefrontal cortex loves to tell stories! A Stress Circuit often forms in a moment of stress overload. In a traumatic moment when the brain is overloaded, we escape from being present, encoding a circuit such as “I get my safety from binge-eating sweets.” Also, other memories related to that situation encode circuits, often a “bundle” of them. These wires cause chronic stress, which ruins the prefrontal cortex’s story about your life at that time or since. The prefrontal cortex makes up a story and that story, no matter how negative or false it is, becomes part of our personal narrative. A major benefit of EBT is better understanding where we have been and really knowing ourselves, building self-compassion, and making good decisions about how we live our lives. We can understand the old story we told ourselves and encode a new, more reasonable one. I had a life-changing event when my mother criticized my body and put me on a carb-free diet. My mind turns blank when I think of it. I retold the story and did about 10 Cycles. I have to process my emotions to see my mother clearly and forgive her. I like to eat salty crunchy foods. When I rewired my Food Circuit, my brain brought up images of eating salty crunchy foods with my beloved Dad, who passed away when I was 12 years old. I got my love from compulsively eating foods I ate with him. I felt compassion for myself, and then rewired the circuit. It’s time to stop living in the past. Please jot down some facts about your eating and weight history. Tell your story. Then, throughout the course, add to these notes. By the conclusion of this book, you can retell the story of your eating and weight in a way that eases your stress and helps you break free of the stress eating cycle. Note from Kendra about eating and weight I was so fat by age one that my mother was horrified. She was afraid that I would have “stovepipe” legs like my grandmother. I weighed 35 pounds by the age of one, and the weight alone may have encoded Stress Circuits. My next notable weight gain was at about the age of 10 when my body started changing. I lost my innocence and my joy. I wanted to hide because I didn’t know what to do about how boys were looking at me. I stuffed my feelings and started craving sugar. A Stress Circuit was probably encoded then, too. During my first year of college, I was so anxious. My high school was small, and everyone knew each other, and then I enrolled in a sprawling university. I thought I had joy because I was drinking and binge eating dorm food, but I was so anxious. No wonder I gained about 20 pounds and never took it off. From then on, my weight was either stable or increasing. Your notes about eating and weight In this warm-up activity, please write about several times in your life when you started overeating or gained weight. Reflect on the changes, losses, or upsets that occurred within one year of that time. You’ll fill in pieces of the puzzle as you move through this book, and by the conclusion, you’ll have important insights into your story. For now, begin to tell the story of your eating and weight with as much or as little
To break free of overeating, we must become highly skilled at creating joy in our life regardless of circumstances. This is a skill and you can learn it. That state of joy requires processing emotions (think of them as the “steam” that rises from stress) effectively, then moving forward in a purposeful way. That is fairly complicated! If we do good in the world and abuse or neglect ourselves, that’s not sustainable! Accordingly, there are three sub-scales to this inventory. The first one assesses our effectiveness in meeting our fundamental needs. The next one checks the reasons for our actions based on the higher-order “eudonic” rewards. The last sub-scale measures how effective we are at emotional connection. If awareness of doing something for a higher-order reason is the silver medal of our spiritual evolution, then emotional connection is the gold. During the next 30 days, please track your progress in meeting your needs and creating joy from purpose and connection, taking the Joy Inventory now and again at days 16 and 30 of the challenge. **The Joy Inventory**

### Needs

In the last week, how often did you meet each of your basic needs?

<table>
<thead>
<tr>
<th>Needs</th>
<th>1 = Rarely</th>
<th>2 = Sometimes</th>
<th>3 = Often</th>
<th>4 = Very Often</th>
</tr>
</thead>
<tbody>
<tr>
<td>Purpose</td>
<td>Rarely</td>
<td>Sometimes</td>
<td>Often</td>
<td>Very Often</td>
</tr>
<tr>
<td>Pleasure</td>
<td>Rarely</td>
<td>Sometimes</td>
<td>Often</td>
<td>Very Often</td>
</tr>
<tr>
<td>Comfort</td>
<td>Rarely</td>
<td>Sometimes</td>
<td>Often</td>
<td>Very Often</td>
</tr>
<tr>
<td>Love</td>
<td>Rarely</td>
<td>Sometimes</td>
<td>Often</td>
<td>Very Often</td>
</tr>
<tr>
<td>Safety</td>
<td>Rarely</td>
<td>Sometimes</td>
<td>Often</td>
<td>Very Often</td>
</tr>
</tbody>
</table>

Total Baseline Needs Score _____________

### Rewards

In the last week, how often did you experience these rewards?

<table>
<thead>
<tr>
<th>Rewards</th>
<th>1 = Rarely</th>
<th>2 = Sometimes</th>
<th>3 = Often</th>
<th>4 = Very Often</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sanctuary: Peace and power from within</td>
<td>Rarely</td>
<td>Sometimes</td>
<td>Often</td>
<td>Very Often</td>
</tr>
<tr>
<td>Authenticity: Feeling whole and being genuine</td>
<td>Rarely</td>
<td>Sometimes</td>
<td>Often</td>
<td>Very Often</td>
</tr>
<tr>
<td>Vibrancy: Healthy with a zest for life</td>
<td>Rarely</td>
<td>Sometimes</td>
<td>Often</td>
<td>Very Often</td>
</tr>
<tr>
<td>Integrity: Doing the right thing</td>
<td>Rarely</td>
<td>Sometimes</td>
<td>Often</td>
<td>Very Often</td>
</tr>
<tr>
<td>Intimacy: Giving and receiving love</td>
<td>Rarely</td>
<td>Sometimes</td>
<td>Often</td>
<td>Very Often</td>
</tr>
<tr>
<td>Spirituality: Aware of the grace, beauty, and mystery of life</td>
<td>Rarely</td>
<td>Sometimes</td>
<td>Often</td>
<td>Very Often</td>
</tr>
<tr>
<td>Freedom: Common excesses fade</td>
<td>Rarely</td>
<td>Sometimes</td>
<td>Often</td>
<td>Very Often</td>
</tr>
</tbody>
</table>

Total Baseline Rewards Score ____________

### Connection

In the last week, how often did you connect in this way?

<table>
<thead>
<tr>
<th>Connection</th>
<th>1 = Rarely</th>
<th>2 = Sometimes</th>
<th>3 = Often</th>
<th>4 = Very Often</th>
</tr>
</thead>
<tbody>
<tr>
<td>Being aware that I can create joy</td>
<td>Rarely</td>
<td>Sometimes</td>
<td>Often</td>
<td>Very Often</td>
</tr>
<tr>
<td>Choosing to create a moment of joy</td>
<td>Rarely</td>
<td>Sometimes</td>
<td>Often</td>
<td>Very Often</td>
</tr>
<tr>
<td>Spiraling up from stress to joy</td>
<td>Rarely</td>
<td>Sometimes</td>
<td>Often</td>
<td>Very Often</td>
</tr>
<tr>
<td>Enjoying sensory pleasures</td>
<td>Rarely</td>
<td>Sometimes</td>
<td>Often</td>
<td>Very Often</td>
</tr>
<tr>
<td>Appreciating the joy of eating healthy food</td>
<td>Rarely</td>
<td>Sometimes</td>
<td>Often</td>
<td>Very Often</td>
</tr>
<tr>
<td>Feeling the joy of releasing extra weight</td>
<td>Rarely</td>
<td>Sometimes</td>
<td>Often</td>
<td>Very Often</td>
</tr>
</tbody>
</table>
1 = Rarely; 2 = Sometimes; 3 = Often; 4 = Very Often

Feeling love for myself
1 = Rarely; 2 = Sometimes; 3 = Often; 4 = Very Often

Feeling love for others
1 = Rarely; 2 = Sometimes; 3 = Often; 4 = Very Often

Feeling love for all living beings
1 = Rarely; 2 = Sometimes; 3 = Often; 4 = Very Often

Total Baseline Connection Score ____________

The Joy Inventory Summary

total\#9;baseline\#9;optimal range

Needs \#9; _______ \#9;15 to 20
Rewards\#9; _______ \#9;21 to 28
Connection\#9; _______ \#9;27 to 36
Total\#9; _______ \#9;63 to 84

What is your amazing learning about your needs? What is your amazing learning about your rewards? What is your amazing learning about your connection?

Setting Up Your EBT Practice

The purpose of this chapter is to help you set up a personal EBT practice. You are training your brain to process life in a highly effective way, which takes learning something new each day, practicing the tools, and for best results, using the tools with another person. Learning: 10 Minutes Daily

Take 10 minutes per day to learn something new. The reptilian brain would be happy if you did not use the tools well, as it does not like change. However, by using the tools well, you raise your set point more rapidly and see better results faster. Determine when you will do your 10 minutes of learning daily, and make it a habit.

What if you want to take two days to do one day's activities or need a day off now and then? Take that time. This is your book and please personalize the pace to meet your needs.

Connections: One Per Day

You will experience better results faster if you use EBT with others by making connections, listening to others use the tools, and asking them to listen to you use the tools. The emotional brain is the social brain and allows the tools to go deeper into the brain when it is stabilized by another person listening to us. Some people form their own EBT group through book clubs, neighborhood groups, or corporate study groups. Consider doing that. Many others want more privacy, and an “instant” circle of support and join EBT telegroups at ebt.org. Telegroups are facilitated by Certified EBT Providers or Mentors and give you access to connections with five to seven other people. Our research has shown that these connections, along with weekly group sessions, or even more frequent sessions, spark more rewiring and better health outcomes than using this method on your own.

I have a 30-minute weekly telegroup with six people to connect with and my sister who lives in Connecticut to be another connection. She's doing the Joy Challenge, too. I have plenty of connections right now. Connections are brief periods of practicing the tools between two people. In a telephone call that lasts one to five minutes, someone uses a tool or does a Check In. The reptilian brain calms down, and the tools become even more effective. Connections are quick and effective. There is no chit-chat. While you may see these people as your friends, they are functioning as connection buddies, which can be even more important than friends. If you are a member of an EBT telegroup, your connection buddies have no idea who you are – no contact information is shared. All calls are made through our private EBT telephone system. No advice is given, and either party can conclude the connection at any time. Also, they have the same mission that you do – to conquer stress eating and raise their set point. Afterwards,
both people go on with their day, radiating positive energy. Now that you've set up your EBT Practice, let's look at the technology that can make it easy to integrate EBT into your daily life.

**Using Tech to Connect** This book can be used without any technology. However, if you choose to use the EBT technology, then this chapter will help you use it more effectively. To access this technology, visit ebt.org and use the coupon code stresseating to receive a discount on the Online Plus membership. Questions? Email support@ebt.org.

**EBT Technology**

- The EBT App (iOS and Android)
- The EBT Website
- The EBT Phone System  

**The EBT App (iOS and Android)** The EBT App (“Connect by EBT”) is designed to give you immediate access to the tools, anytime and anywhere. When we are stressed, the brain “forgets” to check in, and even if we have memorized the tool lead-ins, the brain cannot access those memories. The brain perceives the app as a separate entity, an outside source of support in tracking and using the tools. Develop a close relationship with the app, and your results from the Joy Challenge will be far better. It will soon become a habit to keep your EBT app with you and reach for it hourly, plus whenever you are stressed. The EBT app includes relaxing audios, so you have stress relief in your pocket. If you join a telegroup, your app will give you one-touch access to your group members by telephone and messaging, and direct messaging with your Certified EBT Provider or Mentor.  

**The EBT Website** The EBT Website delivers all the features of the app, as well as many more. We recommend logging in daily to view the video demonstration that accompanies this book’s content for each day. Also, take a minute or two to read a posting on the forum boards and leave a connecting message in response. Also, post your own comments, Cycles, and learnings. The EBT Online Community is designed to give you a variety of ways to learn EBT. Check out the weekly live call-in workshops, listen to recordings of past sessions in which other participants do Cycles on just the challenge you are facing now. Want small group support and private community connections? Join a telegroup. If you have a particular circuit that is difficult to rewire or are dealing with a situation that is hard to resolve, schedule a 25-minute coaching session with the Certified EBT Provider of your choice. With their support, you can spiral up quickly!  

**The EBT Phone System** EBT has a private phone system. The emotional brain is extraordinarily sensitive to the sound of the human voice, so telephone communication is extremely powerful. You can use the EBT line for groups, coaching, workshops, and mentor sessions. The vocal experience is pure, as other people on the call cannot see you. Each person maintains privacy, yet verbal exchanges convey the range of tender, warm, and powerful human experience. The EBT Phone System includes a special feature for using the tools when you do not have privacy. You just call in on your EBT phone line, select “1” and you will hear me guide you through a Check In. Select your brain state on your phone’s keypad, and I will walk you through the appropriate tool. Spiral up to One rapidly and privately.  

**EBT Technology Support** Our EBT Support Team can help you set up and become comfortable with the technology. Our goal is to continuously improve our services and make EBT an even more life-changing experience for you. Please share your feelings and needs with us. We hope you enjoy this high-tech way to connect with yourself and others, and to raise your emotional set point.

**Community Connections**

- Two people meet by telephone for one to five minutes.
- Ask, “Is this a good time?”
- Plan the activity (use a tool, share an amazing learning or a Joy Point).
- One person speaks, the other listens.
- The person who listens gives a connecting message.
- The connection ends . . . Goodbye.
- If you have time left within the five minutes? Share another Joy Point and connecting message.

**How do connections fit in?** You connect with people who you intend to know over time. If they are members of your telegroup, you can get to know them slowly, being with them in the weekly
or daily group, and connecting with them as you feel comfortable doing so. The weekly or daily telegroup session serves as an anchor for the group, with structure, inspiration, and shared experiences. All connections are by voice, as the brain craves the sound of the human voice, and the sound of the voice activates legions of feel-good emotional wires. Oddly enough, when you listen to a voicemail from a connection buddy, your brain processes it as if that person were connecting with you in real time. Although the EBT electronic message system can be very convenient, we also make it very easy to make voice connections for one reason: the brain changes far more rapidly when we make them!

Innovative Ways to Connect

• Call and leave a Joy Point.
• Record a quick Cycle on their voicemail.
• Say 10 Grind Ins on their voicemail.
• Share your amazing learning on their voicemail.
• Do the Damage Control Tool on their voicemail.
• Call your buddy back and leave a connecting message.
• Call and speak with them in real time for Grind Ins.
• Read a written Cycle to them.
• Use the Flow Tool (3 Tool) with them.
• Do coursework together (“Kit Buddies”) – call to coordinate, hang up, you both take 10 minutes to work, then call back to share your amazing learnings.
• Practice A+ Anger, so your Cycles go deeper.
• Do Cycles and give connecting messages.
• Call during a work break and say, “I have three minutes. What do you want to do?”
• Guide each other through a Check In. **What is a connecting message? Have you noticed that**
right after you open up to someone, you feel a bit stressed? We noticed that, too, and to move through that stress, we invented connecting messages. The person that listens to you use the tools is a warm presence and does not give advice. They give you the ultimate gift of listening to you without judgment, then saying a few kind words to you that they think will be nurturing for you to hear and they feel safe saying. We use “lead-ins” to guide your way in making these exchanges brief, safe, and rewarding. **Examples of Community Connections**

Ring. Ring.

Denny: Hi Carla. Is this a good time?

Carla: Yes, I have about two minutes.

Denny: Great. That’s perfect.

Carla: What about sharing a Joy Point or doing a Check In together?

Denny: Sure, I’d like to listen to you share a Joy Point, if you’re up for it.

Carla: Okay. I had a big Joy Point today when my dog had puppies – four of them! Denny: When you did your work, the feeling and sensations in my body were . . . a big smile. The way your work was a gift to me was . . . I have been stalled on my project, and now I feel like doing it.

Carla: Bye. “See” you in group tomorrow.

Denny: Great. See you then. Bye.

Theresa: Hi Miguel. Is this a good time?

Miguel: Yes, I’m glad you called. I can’t find my Mood Circuit.

Theresa: Do you want to work on it? Miguel: Yes, I want to do a quick Cycle.

Theresa: Great.

Miguel: The situation is that I am always in a bad mood. I fly off the handle and don’t think about what I’m saying. I know I scare people and my wife hates it when I’m that way. What I’m most stressed about is . . . I fly off the handle. I feel angry that I fly off the handle. I can’t stand it that I fly off the handle. I HATE it that I fly off the handle. I HATE IT!!! . . . My mind just went blank. I must have unlocked the circuit. I feel sad that . . . I lose it sometimes. I feel afraid that I am hurting my marriage. I feel guilty that I keep on flying off the handle. I feel guilty that I go on acting hostile. Of course I do that, because my unreasonable expectation is . . . I get my . . . safety from . . . being hostile. Hmmmmm. That rings true. That feels right. I discovered my Mood Circuit!

Theresa: When you did your work, the feeling and sensations in my body were . . . fear and guilt, because I fly off the handle too, but also, security, that I am not alone. The way your work was a gift to me was . . . I realized that I judge myself for flying off the handle. I am going to stop judging myself. Thank you for helping me see that.

Miguel: Thanks.

Theresa: I feel better. Thanks for the connection.


Connecting Messages
Tired of overeating, weight cycling, and feeling out of control of food? Enter the age of brain-based health! This breakthrough book by New York Times bestselling author Laurel Mellin, Ph.D. will give you everything you need to appreciate that issues with food, mood, relationships, and body image are caused by a few faulty brain circuits. The solution is to enter the age of brain-based health and learn easy, proven techniques to shut off these wires and the harmful chemical surges they cause, and activate healing wires chemicals that activate the drive to eat healthy and release extra weight. The motivator for many people? Self-reliance, and less dependency on medications and procedures. The techniques work rapidly (in one to four minutes) so you can feel the difference right away. Using them over time promotes lasting results. Enter the age of brain-based health, and you will never look back!

Medibles reddit - o2geeks - Other common brain fog causes include eating too much and too often, inactivity, not getting enough sleep, chronic stress, and a poor diet. barrier and neuro-inflammation, thus contributing to the development of seizures. to shut down after a meal but unfortunately the workday doesn't end at 2 o'clock, for most of us. Structural family therapy interventions - Kay's Unique Creations - The Stress Eating Solution: A Proven, Neuroscience Method for Ending Overeating. KWD 8 The 3-Day Solution Plan: Jump-start Lasting Weight Loss by Turning Off the Drive to Overeat. KWD 7 KWD 10, 1 (Book and 4 CD's). KWD 54. 40 Day Dopamine Fast - schreinerei-sedelies.de - ... Skinny 52 Diet Chicken Dishes Recipe Book Delicious Low Calorie Chicken Dishes Emotional Eating What You Need To Know Before Starting Your Next Diet Your Best Year Yet A Proven Method For Making The Next 12 Months Your Inspirational Journal To Understand Your Cravings End Overeating And Find Advertising & PR Expert Â» PR - Trish Stevens - Neuroscience - Frontiers hudera.publicvm.com - Neuroscience - Frontiers Better Eating through Mindfulness - ... The FacetoFace Book Why Real Relationships Rule In A Digital Marketplace The Shyness And Social Anxiety Workbook Proven StepbyStep Techniques For. Neuroscience Psychology Artificial Intelligence Linguistics And Philosophy. Diet Eat CarbsNatures Own Appetite Suppressantto Stop Emotional Overeating Nac For Bipolar - The Stress Eating Solution: A Proven, Neuroscience Method for Ending Method for Ending Overeating d0wnl0ad ebook PDF EPUB, book in english language PDF Free Download - jiksa.dyndns.dk - ... Weight Loss of 2019 - Top Rated & Reviewed. Category: Books The Stress Eating Solution: A Proven, Neuroscience Method - I had the pleasure of interviewing Laurel Mellin Ph.D. to discuss her book The Stress Eating Solution: A Proven, Neuroscience Method for Ending Overeating as keuado.dyn-VPN.de - Stress eating, mindless eating, food addiction, and binge
eating are caused by neural pathways in the emotional The book contains three books in on... The Stress Eating Solution: A Proven, Neuroscience Method for Ending Overeating. Ocd Brain Fog - ... The FacetoFace Book Why Real Relationships Rule In A Digital Marketplace The Shyness And Social Anxiety Workbook Proven StepbyStep Techniques For. Neuroscience Psychology Artificial Intelligence Linguistics And Philosophy. Diet Eat CarbsNatures Own Appetite Suppressantto Stop Emotional Overeating

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