

Two experts offer the first practical, step-by-step program for overcoming the urge to use food as an antidote to tension. Millions of Americans reach for a pint of Ben & Jerry's when the going gets tough -- and hate themselves afterward -- only adding to their problems. Now, using the latest research into the relationship between food and mood, two prominent nutritionists present a six-week plan for breaking the eating-under-stress habit and instead learning how to choose foods that will have a positive effect on mood, alertness and energy levels. This groundbreaking E.A.T. plan (Energy-Action Team) teaches readers how to identify the stressors in their lives and the corresponding reactions, and how to incorporate appropriate new behaviors into any kind of lifestyle. Planning strategies and time management tips help coordinate daily energy levels and increase personal productivity while easing stress and avoiding the temptation to indulge. This step-by-step program will help stress-eaters discover: -- The powers of antioxidants and phytochemicals-- The benefits of exercise-- How prioritizing helps reduce stress-- New ways to cook and shop for stress-reducing eating. Liberating and accessible, *Id Kill for a Cookie* offers a proven, no-frills means to overcome stress and lead a healthier, happier life.

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