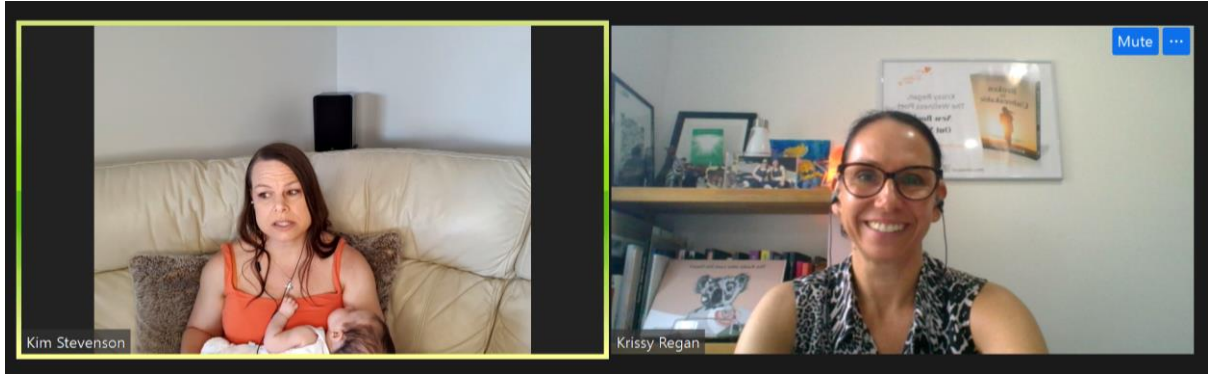




Inspiring Interview with Kim Stevenson; International Athlete, Author, Coach and Mum!

Watch Now: <http://bit.ly/emotionaleatingwithKim>



We talk about emotional eating, why we stress eat and how can we break our coding!

The Questions I put to Kim were as follows:

- Why is it that people turn to food instead of talking?
- What was the journey that you went on to discover a way to be a more empowered eater?
- What prompted you to write your book?
- Since becoming a mother have you noticed your habits and rituals have changed and what has been the impact on your eating habits.
- What advice would you give to people who want to use food less as a way of coping with stress?

You can view Kim's work here and purchase a copy of her awesome book to help you on your journey to be a more empowered eater.

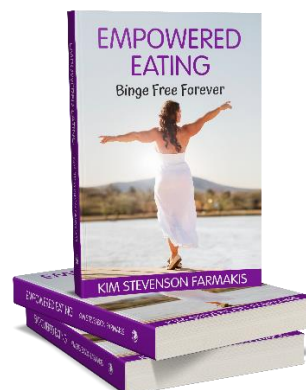
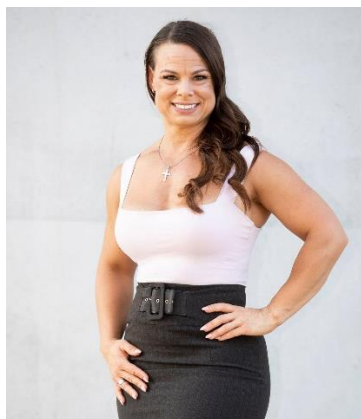
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