



## YOUR IN-ACTION EXERCISE

### The Healing Secrets of Food Revealed

EPISODE #3

**TITLE: What's Your Overeating Style? Discover the Root Reasons You Overeat.**

#### PRACTICAL STEP

Review the 7 Overeating Styles by visiting [HealingSecretsPodcast.com](http://HealingSecretsPodcast.com). You can review the overeating styles by (1) **listening** again to today's podcast (2) reading the **transcript** of today's podcast (3) and/or reading an **article** about the overeating styles.

After becoming more familiar with each overeating style:

- (1) Decide which overeating style—or styles—are typical for you.
- (2) Then decide which one (or if) you want to start changing.
- (3) Now—in your Healing Secrets of Food Revealed journal—write down your thoughts and feelings about making changes in your food choices and eating behaviors.

#### To dive deeper into the Overeating Styles...

For those of you who want to dive deeper into your overeating styles, you can take the complete, 74-item “What's Your Overeating Style? Self-Assessment Quiz” in Larry's and my award-winning book, *Whole Person Integrative Eating*, available on Amazon. The quiz will enable you to identify your own personal overeating styles—and specific food choices and eating behaviors—you may want to pay attention to.

#### LINK TO AMAZON

[https://www.amazon.com/Whole-Person-Integrative-Eating-Breakthrough/dp/1887043543/ref=tmm\\_pap\\_swatch\\_0?encoding=UTF8&dib\\_tag=se&dib=eyJ2ljojMSJ9.sAHbUzTVDxIP0EF6ync-1paa8j1QMFGVQe6AIZdTj45BkwJp7rOuUIKWTUkuGHsGg6T0G2mPDY4Y-7qJe\\_WHJQ.f14nCGq5bUsHtpBkRuaQZxKH1-TT9oxyQu8DzJHZITw&qid=1712004395&sr=8-1](https://www.amazon.com/Whole-Person-Integrative-Eating-Breakthrough/dp/1887043543/ref=tmm_pap_swatch_0?encoding=UTF8&dib_tag=se&dib=eyJ2ljojMSJ9.sAHbUzTVDxIP0EF6ync-1paa8j1QMFGVQe6AIZdTj45BkwJp7rOuUIKWTUkuGHsGg6T0G2mPDY4Y-7qJe_WHJQ.f14nCGq5bUsHtpBkRuaQZxKH1-TT9oxyQu8DzJHZITw&qid=1712004395&sr=8-1)