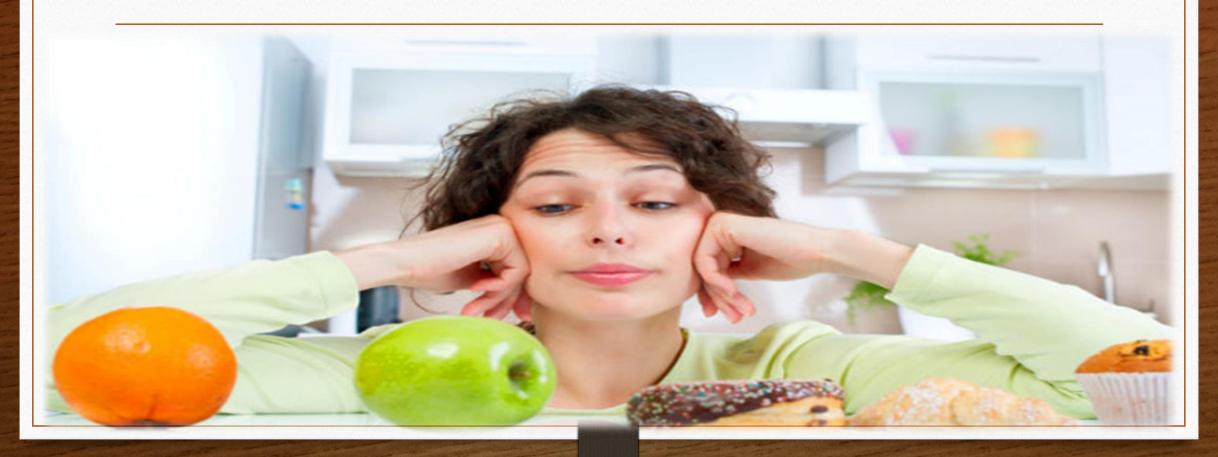
## Emotional Eating: The Connection Between Mood & Food





## What is Emotional Eating

Emotional eating is eating when you are not physically hungry. That sounds simple enough, but in reality, it is a challenging problem to overcome. Access the training to learn more about what causes emotional eating, and pick up tools to help you get control of it.



Click on Quiz Link

The Connection

Between Mood & Food