

Subject line; how to deal with emotional eating and bingeing?

I was recently talking with my team of personal trainers and couches

And I was thinking to myself "How can I provide the most helpful valuable solution to [ Name] "

I sat down with my team and asked them to explain to me superficially how to deal with this issue

They explained to me that bingeing is the second-order sequence for 2 actions

Stay healthy

Peter -