

A close-up photograph of a person's feet standing on a white mechanical scale. The person has red nail polish on their toenails. The scale's dial is visible, showing numbers from 140 to 280 in increments of 20. The needle points to approximately 145. The background is a light-colored tiled floor.

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Emotional Overeating

*Know the Triggers,
Heal Your Mind, and
Never Diet Again*