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Some people use food to calm themselves when they feel overwhelmed. Others find it difficult to discern between eating out of hunger and eating out of habit. There are nearly as many reasons why people overeat as there are reasons to stop.

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About the Author Carolyn Coker Ross, MD, MPH, is an integrated medicine physician, author, and nationally recognized speaker. She is a graduate of the University of Michigan Medical School, and an alumna of Andrew Weil's integrative medicine program at the University of Arizona.

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When we constantly feel hungry and overeat, sometimes it’s not about the food. In this important book, a weight management expert presents the proven-effective Anchor Weight Management System to help people finally end their struggles with emotional eating and weight gain.

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