



# Emotional Eating with Diabetes: Your Guide to Creating a Positive Relationship with Food

*Ginger Vieira*

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"Emotional Eating with Diabetes" is an easy-to-read guide to overcoming the many challenges around food that can develop in a life with a disease that revolves around what we eat. This required focus on food can lead to using food in a self-destructive manner to cope with the tremendous emotional and mental burden that comes with managing diabetes. This book will help you build a relationship with food that leaves you feeling proud of your choices, never deprived, and with the knowledge that you are giving your body and your life with diabetes the compassion that you need and deserve. Learn more about the author, Ginger Vieira, at Living in Progress Wellness & Diabetes Coaching: [www.Living-in-Progress.com](http://www.Living-in-Progress.com).

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