



# **Weight Loss for People Who Feel Too Much: A 4-Step, 8-Week Plan to Finally Lose the Weight, Manage Emotional Eating, and Find Your Fabulous Self**

*Colette Baron-Reid*

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## **Weight Loss for People Who Feel Too Much: A 4-Step, 8-Week Plan to Finally Lose the Weight, Manage Emotional Eating, and Find Your Fabulous Self** Colette Baron-Reid

Here's the truth: Other people's drama is making you fat.

You're a good person. You feel for other people's troubles and challenges. Heck, you're probably the go-to person for a whole list of people when the going gets tough!

But is your caring nature keeping you out of the best shape of your life?

Break the cycle and be the loving person you are--without letting other people's drama keep you from being a hot mamma!

"Weight Loss for People Who Feel Too Much" focuses on the keys to weight loss for sensitive people. With a simple, practical program, bestselling author and internationally renowned intuitive counselor Colette Baron-Reid shows you how to release the extra pounds and create a new, healthy relationship with your body, your weight, and food.

This 4-step, 8-week program will show you how to finally let go of what's weighing you down, physically and emotionally. You will learn how to:

- Reverse empathy overload and establish healthy boundaries
- Avoid the "noisy" trigger foods that lead to autopilot eating
- Deal with challenging situations and avoid your detours, from procrastination to perfectionism, that sabotage the success you deserve

This book is your guide to having a new healthy, loving relationship with your food and your feelings. It's the end to other people's drama--and the beginning to the body (and life) you deserve! "From the Hardcover edition."

## **Weight Loss for People Who Feel Too Much: A 4-Step, 8-Week Plan to Finally Lose the Weight, Manage Emotional Eating, and Find Your Fabulous Self Details**

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# **From Reader Review Weight Loss for People Who Feel Too Much: A 4-Step, 8-Week Plan to Finally Lose the Weight, Manage Emotional Eating, and Find Your Fabulous Self for online ebook**

## **Nstanczyk says**

This book was okay. Although it addresses a very important element not normally discussed about weight loss, I don't think Baron-Reid addressed it all too well, either. The sources she references to discuss the scientific community's backing of the mind-body connection aren't good choices, so her arguments simply don't come off very convincing. For instance, in 'Eat, Pray, Love', when the author makes mention of the study pertaining to the monks' heartbeats; it was eloquently integrated and humbly put. Baron-Reid picks arbitrary and obscure data that is still under the radar so that it makes it difficult to be convinced overall. Otherwise, Baron-Reid makes one of the four pillars of the program the incorporation of Himalayan salts, which I find interesting but not universally applicable. It's not just a suggestion, either; it's literally one of the four main parts of the program. With this kind of emphasis, does it mean I won't achieve my weight loss goals without Himalayan salts? This section should have been optional or more integrative of other alternatives.

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## **Rosanita says**

There are a lot of emotional eaters out there. This book is specifically for them, I guess. I know that I'm an emotional eater, but couldn't connect fully to the book. I think that parts were good, like writing down one's feelings and the quizzes. I think that eating more organic foods and less processed foods are good too. I may have to try the experience board.

Unfortunately, I also felt like I was being sold a product other than this book. It seemed like I was getting a sales pitch for her IN-Vizion Process and would later be asked to sign up for membership. There were a few editing errors, such as Arizona University (I didn't know if the author meant Arizona State, Northern Arizona, U of A, or a private college in Arizona) and University of California (there are quite a few campuses) when citing research.

The steps to fixing one's insides before focusing on changing diet could be viewed as a good thing. After all, unless attitude and emotions change, no diet will ever last and the author is trying to get people to create a lifestyle change.

The food portion of the book: I like that she included the Dirty Dozen and some alternatives. I think that if you're trying to get people to take control of their emotions, then you shouldn't make them feel guilty for not eating cruelty free foods. Not everyone has the budget to shop at farmers markets or food co-ops, nor does everyone have access to an urban farm.

Best tip for me: HALT.

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## **Shannon L. Gonzalez says**

The Millionaire Map: Your Ultimate Guide to Creating, Enjoying and Sharing wealth.

By Jim Stovall

Not your average get-rich-by-following-these-steps...instead a hand held out to guide you to success.

Weight Loss for People Who Feel Too Much: A 4-Step, 8-Week Plan to Finally Lose the Weight, Manage Emotional Eating, and Find Your Fabulous Self

By Colette Baron-Reid

A different approach to weight loss based an alternative theory.

Colette Baron-Reid offers a new-age theory that people in society that tend to be empathic are gaining weight and /or are over weight are affected by emotions of people surrounding them. As science proved that emotions do affect the body through cortisol and other hormones, it would then reason that weight fluctuations are effected by these occurrences as well.

The author offers an 8 week program that is not for everyone. It is aimed at a particular audience open-minded to her way of thinking. Could this help some people? Yes. Is this the answer to every over weight person's problem? No. In the title it specifically states for people who feel too much, meaning empath's. If the reader does not fit this criterion, then the book and subsequent program isn't for them.

It is an interesting addition to the current weight-loss information available. She has had success herself on the program she outlines and several of her clients have had success also. As with any diet program, it will work for some people. The defining factor is will it work for you if you fit the empath criterion.

For more information for her seminars, coaching and other books visit her website:

<http://colettebaronreid.com/>

I was given an ARC for this title from Net Galley.

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## **Raven Tiger {Paint me like one of your 19th century gothic heroines!} says**

I got a free copy from netgalley.com

This was a unique spin on healthy eating and the eventual weight loss. Focusing on the mental/emotional aspects instead of the physical and it also encourages healthy habits. It also doesn't body shame.

I will be trying this regiment soon. It's worth a shot.

Recommend it? Yes, to emotional/intuitive eaters.

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## Traxy Thornfield says

Billed as a book about weight loss for Highly Sensitive Persons (HSPs), I thought this would be a great read. It both is and isn't. The first half of the book I got through very quickly, and then I got bored, as the book felt like it was just repeating itself.

There are some pointers for HSPs in general that are very good – like how you should learn to relax, for instance by using salt baths. But then it also says how you should have a 20-minute salt bath once a day. While I would never complain about having baths, because I happen to be rather fond of them, it's still something I indulge in maybe once a week. After all, baths use a lot of water, and I'm cautious of my water usage for environmental reasons. If you're on a water meter, you also have to pay for all the water you use.

Another thing that bothered me was that the author clearly has a dysfunctional relationship with food. If you have to instruct hotels to clear out the minibar for you before you arrive, lest you scoff it all, that's not a healthy relationship with food. I wholly sympathise with the sentiment of "if you don't have it at home, you don't have the temptation", because if you know you have a bar of chocolate or something lurking in a drawer and fancy chocolate, the temptation is there and the chocolate bar is likely to be devoured. If, on the other hand, you don't have a chocolate bar in the house when the fancy strikes, you're unlikely to pop to the shops to get one. If I go to a hotel room, though, I don't even glance at the minibar. If I get a sudden craving for a tiny can of Pringles, I'm not raiding the seriously overpriced minibar.

No doubt this book can help a lot of overweight HSPs get a better feel for when food is food, and when food is just used to cover up feelings.

So to me, at least, this book is a bit of hit and miss. Parts of it are brilliant, other parts are a bit strange, but each to their own, as they say. If you're a fellow HSP, it's worth checking out and making up your own mind about it.

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## Kirsty &#x1f4da;&#x1f4d6;♥? says

I really enjoyed this book. Having tried various diets and failed I thought a lot of my problems were around the restrictiveness of syn/points counting (and eating chocolate). If I deny myself something then I just want it even more. I also find a lot of diets don't try and help you work out just why you over eat or fail at heavily marketed diet plans.

I don't think the book has all the answers and probably won't suit everyone but I found that for the first time in a long time a health book made sense. It's actually not about dieting. It's about over eating and why we do it. It talks about how we let every day negativity and other people's drama affect us, then we go home (or to the shops) and just eat and eat until the pain goes away. I probably did that for many years while struggling with depression. I noticed my son do it the other day. After a bad session at work he came home and grabbed the xmas sweets. (Then put them back when I pointed out what I was learning from the book!)

It offers a very simple structure for trying to combat this:

Be kind - to others and yourself

Try some EFT (Emotional Freedom Technique- something I'm qualified in but never use)

Visualise a safer place than the one you are in

Simplify your life. Cut down (out?) on horrifying news stories and the incessant negative overload that can come from social media

Eat cleaner foods - stay off the processed

Keep journals. One for the good things that happened in the day and things you are grateful for and one to dump the negativity and stress from the day

And that's mostly it. It does go into each of those topics in more detail and explain what clean foods are for example. It gives lots of visualisations for those that have never done them before. There's a section on what herbs are good for health issues and also supplements as well. Plus a wide range of questionnaires to get you thinking about your habits and where you can make some changes.

I made myself a little list of how I want my dietary habits to be. I'm already 8 days into giving up fizzy pop however I know the sugar reduction isn't going to happen until after Xmas week. It encourages us to go easy on ourselves when we don't get it right each day. That's where the gratitude diary comes into it. It's ok to have a blip.

I enjoyed it. I personally found a lot of things to take on-board and work with over the coming months. It's an easy read that doesn't throw lots of science at you like some health books. I like this one - thumbs up

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## **Dodie says**

Ok I got this book first as an audio book then decided to get the physical book. There were list and quizzes along with the exercises in the book that you really need to see. The book talks about emotional eating but goes further than that.

The book tackles the issue that for some people eating is being used to ground themselves because they don't have healthy boundaries regarding their own energy field. The book was so so but I did pick up some good tips and Exercises to keep myself grounded throughout the day.

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## **Darren says**

Another book promising miracles. Does it deliver? Not entirely.

Here is a book that seems to promise the earth - a four-step, eight-week programme that will help you cut your weight by managing your "empathy overload", apparently the hidden cause of unwanted weight gain. The author has based the book on her own personal experiences and with that of her clients. Apparently the problem is not eating the right things or having insufficient willpower. It is, instead, we are feeling too much.

Yes, incredulously that is the central claim. A sceptic should not necessarily mock things they have not tried and there is a lot to be said about the placebo effect and the power of thought, but the overall style and approach of this book make any initial, rational overview a bit of a problem. It feels like wading through self-congratulatory, rah! rah! verbiage. You can immediately tell that this is going to be a book you either

love, or hate, even before the merits, or lack thereof, of what the book has to say is considered.

The book's publicity blurb says that it will help in managing empathy, setting and maintaining healthy boundaries, eating to support well-being, and dealing with challenging situations that can trigger disordered eating. Maybe it will, but the price tag of this book, its lack of general browsability and the tremendous of other books in this genre means that it might have to fight for your attention and purchase.

Maybe this reviewer is not in tune with the target audience, but when you notice that you, as a prospective follower of this programme, are intoned to avoid the media because of its overall negative messages that will, in part, affect you and your diet, this reviewer started to react rather negatively. Apparently "feeling grateful" for the "nourishing food" you are going to eat also helps. Or in the book's own immortal words: "Imagine where that food came from and how it came to your table. Be grateful for the farmer, the workers who harvested the food, and all those who handled it with integrity before it came to you. Imagine the rich soil, the sunlight, and the rain that gave life to the plant and helped it to grow fruit, grains, or vegetables for you to eat. You might wish to say grace aloud or silently, using words you learned as a child or making up your own."

Riiiiight.... sorry, at this stage, this reviewer tuned out and turned off. This reviewer has a clear opinion as to the methodology behind this programme but acknowledges that we are not all alike. You would be strongly advised to take a long, hard look at this book if you feel that this could be something for you before purchase. And then put it back on the shelf, go away for a while and think about it. For a couple of dollars you could take a gamble if you were undecided, but this book is a long way away (presently) from being sold for a few dollars. Maybe give it time...

One desperately tries not to be overtly-negative, particularly with books covering this sort of subject material. What works for one person might not work for another person. But this is probably the only book (or one of a few books) to have elicited this sort of internal "ugh!" that this reviewer can recall. It is hard to even remain positive. Your views may vary... but then again, after review, they might not.

So in conclusion this gets a very average "three YUM" review. Mostly for effort and for propagating at least an alternative viewpoint. It falls down on readability, execution and encouragement.

Weight Loss for People Who Feel Too Much: 4-Step, 8-Week Plan to Finally Lose the Weight, Manage Emotional Eating, and Find Your Fabulous Self, written by Colette Baron-Reid and published by Crown Publishing Group/Harmony. ISBN 9780307986115, 288 pages. Typical price: USD25. YYY.

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## **Jobie says**

I got a free copy from netgalley (for which I am very grateful).



I'd give this book four and a half stars. I usually don't trust five star reviews so almost put four stars just in case my restraint might tip someone over into reading it.

I must own up at this stage though that I have read the book through once and haven't yet started the four step programme. I'm going to do that next. I wanted to give a review of the book quickly and will update my review later once I've tried the eight week programme if I need to. I actually expect it to remain at four and a half stars or more.

I found the structure of the book excellent. The opening pages explained the author's position on the issue of empathic eating and helped the reader, with the aid of questions, to decide if they had an issue with that. I definitely have an issue and that was brought home to me with a vengeance on the first page of the first actual chapter, the author could have been talking about me! In fact I thought the author brought her own story to life which made it very easy to relate to her. At no time did I feel spoken down to.

The author's retained an excellent style and structure throughout the book. I particularly liked the quizzes where you could self-assess and the summaries at the end of chapters to remind you of what you had learned.

The journaling and visualisations would be hard work and relied on earlier chapters to convince the reader that it would be worth while. I thought the first time each visualisation was used could have been better described and I had to read the 'life tapestry' analogy a few times to get the hang of it (two small reasons this isn't a full on five star). I would have included a diagram for the tapping exercise as this seemed particularly important and difficult to explain. I would also have liked better links to the audios discussed in the book - I wasn't able to find a stand alone audio when I followed the link.

The language used for this complex topic was simple (although the author did use the word discombobulated one time too many for my liking) and I found her descriptions of technical issues straight forward and easy to understand. I particularly liked the helpful examples of traits of sensitive people which were outlined in Step One.

I am a vegetarian and a budhist so the parts of the book relating to ahimsa resonated for me but I was pleased to find no lecturing, only reasoned argument for trying out this way of life.

In a nutshell I thought the book was chock full of great practical ways of getting back in touch with yourself.

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## **Erika Williams says**

I picked this book up on a whim because it was available to read on NetGalley and the subject matter looked interesting. I'm still not sure if I fall into the category of a person who feels too much, but this book spoke to me with the exercises involved.

The science behind this weight loss plan is fascinating. At one point, a study is discussed where participants actually made a leaf glow from across the ocean by focusing on it. The idea behind the plan is that because certain people are too connected to the world, their bodies respond at a molecular level to hold onto food because subconsciously it feels food is the one thing it can control. The books is filled with helpful tips on how to rebuild your emotional boundaries so your body no longer turns to food for control.

One of the things I really took to heart was the author's support of Himalayan salt. I have made the switch

for my table salt, and it is delish. Funny thing is, I actually end up eating less when I use it. I've also installed a salt lamp in my bedroom, and have been sleeping better during the nights I've left it on all day.

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## **Norma says**

Disclaimer: I received this book free from Crown Publishing Group in exchange for an honest review. I did not receive any form of compensation.

One of the reasons that most people overeat is due to emotions. Most weight loss books do not address this issue. They mainly just tell us how to eat or what exercises to do. However, by not addressing the main problem, the majority of people will just fail. This book helps by focusing on this.

One thing that was pointed out was that our emotions not only affect whether or not we choose to stuff our faces, but it also plays a vital role in our metabolism. If you are upset or depressed, then your metabolism will slow down.

This book is set up in four sections. The first section helps the reader to understand the weight they are carrying. If you overeat because you just like food, then this won't help you. However, if you eat because you are bored, lonely, nervous, scared, depressed, or any other emotional reason, then this will help you greatly.

The second section gives the basics behind the program. It explains how it works and why.

The third section is really (pardon my word usage) the meat and potatoes of this book. This gives you the four steps that you need to follow in order to help alleviate the emotional issues behind your weight. You follow each step for a week at a time. Each step comes with exercises to do in order to help process your emotions. These exercises are fairly straight forward. However, if you are like me, you probably don't feel comfortable looking too closely at your emotional issues. So even though they are simple, they can also be very draining.

There are also quizzes scattered throughout the book that help you to evaluate better which areas need the most work. Let's face it. If we were brutally honest with our selves all the time, we wouldn't be in the situations with our weight that we currently are in. So if you are willing to do the work on yourself (which will not only help towards losing the weight but also make you a happier person), then you will see great results!

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## **Lisa says**

I listened to the audiobook version and wish I had read the physical book because of the quizzes, lists and daily exercises that just can't be done using an audiobook. I really enjoyed the first third of the book learning about empathetic eating behaviours (yes, I learned there is a difference between empathetic eating and emotional eating). I also learned a lot about myself and my social/crowd anxiety and how when things feel too overwhelming with others emotions, that I use food for grounding myself if I can't escape the environment. It also helped me realize that I need to emotionally treat myself with more self-compassion and

reducing stress may be key to getting my gut issues under control. I also learned that I already eat similar to her recommendations (due to my gastro issues), but I was missing the part where I am sensitive to my environment which can put me at risk for derailing what I should eat, which makes me physically ill. Minus a couple stars because it was way too repetitive for the last third and felt it rambled until the end.

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### **Sam says**

This was an amazing book! I also did the coaching with one of the coaches on Colette's website - Barbara Hyland who was amazing at helping me to implement the program, and helped me to release weight, as well as to put together the puzzle pieces in my life. I highly recommend this book, as well as my coach who helped me so much.

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### **Diane says**

Many people who have struggled with weight issues are emotional eaters who tend to use food as a coping strategy. This is especially true for many sensitive people. In *Weight Loss for People for Feel Too Much*, the author has developed a 4-step, 8-week program to help such individuals identify and understand the real reason they battle with emotional eating, instead of recognizing triggers such as, feelings of empathy, sadness, fear, anger etc. The author writes about "empathy overload" and how sensitive people are especially affected by the plight of others, both humans and animals, and how too much television, news and violence is not a good a thing for these individuals.

This isn't a diet plan that has you limiting calories or counting points, or even restricting your choices to eating special foods. The author does highly recommend eating a plant-based diet, and organic foods whenever possible. It is also important to be aware of how your body reacts to the foods that you do eat. Do certain foods you eat trigger cravings and overeating?

One thing the plan requires is journaling -- a lot of it -- mornings and evenings to help you get in touch with your feelings. Although I'm not the type to journal about feelings, I did find that after finishing this book, evening without doing the journal writing, I now find myself analyzing what's going on in my brain when I feeling like munching endlessly. Often, I find it is boredom, or on occasion it's been that I've been thinking about a situation someone close to me is dealing with or thinking about something someone has said to me. Then at other times, it seems that a lot of the cravings go back to childhood where treats were given as a cure for sadness or even as a substitute for quality time with a loved one. There is also a spiritual "higher power" aspect to this book which will get different reactions from different readers.

The author has used this program with private clients, and there are many reviewers who seem to see this as some sort of breakthrough cure-all plan -- to me it's not. Would I recommend this book to people struggling with dieting for years? Yes, I would, as there is some good information that may help some people refocus and "think" about what is really bothering them when they reach for something to eat that has little nutritional value. It's not, IMO, a plan that would be easy to follow 100%.

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## **Kristen says**

I enjoyed the first section of this book, which explained how people who tend to be very compassionate and feeling, often also tend to be overweight. I have long believed that the stressors of life (my life and others' lives) have made losing weight more complicated because they fuel emotional overeating or unhealthy eating habits. The premise of this book takes that one step further, suggesting that without even eating badly, over-feeling people can gain weight, just because of the emotions and bad energy they experience.

Though I did find some good tips and advice about self-compassion, the need to take care of myself, and the value of daily meditation, I eventually shied away from finishing the book. As a Christian, I try to avoid self-help books that begin to eclipse the role of Jesus Christ in recovery processes, and the energy healing techniques and "releasing" processes mentioned as part of the 8-week program began to do that for me. So though, on some level, I believed much of what was said in the first segment of the book was true, I disagreed with the ways to go about fixing the problems.

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