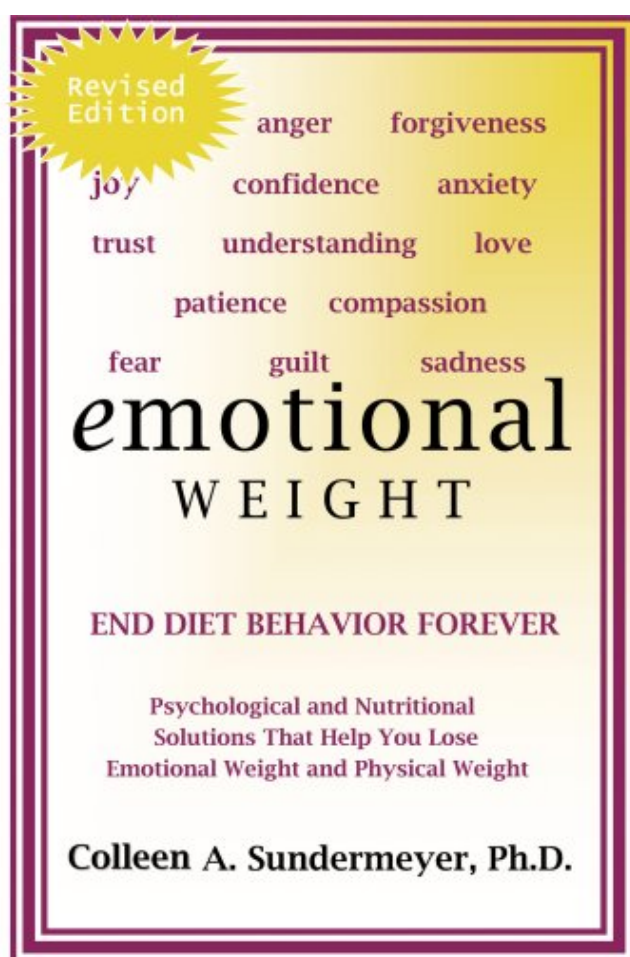


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## Emotional Weight



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Weight-loss: Gain control of emotional eating - Mayo Clinic When negative emotions threaten to trigger emotional eating, you can take steps to control cravings. To help stop emotional eating, try these tips: