



# **Diverting the Thought: When anxiety, stress and OCD control your eating**

*Mrs Robin Preucil*

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We tend to overeat and lack motivation to exercise, but do we ever ask ourselves why? Is your eating controlled by anxious thoughts and stress or OCD compulsions? Do you know the tools to exercise but just don't have the motivation to do so? This mini book talks about three questions we should be asking ourselves when we are experiencing these thoughts and feelings.

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