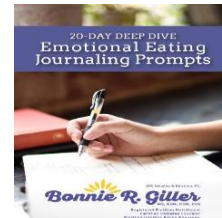


## Ending Emotional Eating Resources

### Emotional Eating Journaling Prompts:

Download at: [DietFreeRadiantMe.com/20days](http://DietFreeRadiantMe.com/20days)



### Emotional Eating Breakthrough Call with Bonnie R. Giller, MS, RDN, CDN, CDE:

To request your complementary 15 minute call, visit:

[DietFreeRadiantMe.com/talkwithbonnie](http://DietFreeRadiantMe.com/talkwithbonnie)

## WEBSITES AND MORE INFORMATION

**BRGHealth.com:** Medical Nutrition Therapy for medical conditions, such as diabetes, gastrointestinal conditions, and heart disease

**DietFreeRadiantMe.com:** Intuitive Eating and Emotional Eating videos, blogs, & program information.

**Email:** [Bonnie@BRGHealth.com](mailto:Bonnie@BRGHealth.com)

---

### ABOUT BONNIE R. GILLER

Bonnie R. Giller is the founder of BRGHealth.com and DietFreeRadiantMe.com. She helps chronic dieters, emotional eaters, and people with medical conditions like diabetes, break the spell of diets so they can live their lives to the fullest.

Using her signature Intuitive Eating Programs and Healthy Living with Diabetes™ Program, Bonnie helps her clients support and honor their mind and body. She works with adults, teens and youths, guiding them in changing their relationship with food and their body. The result is they make peace with food, enjoy guilt-free eating, and live a healthy life they love.



Bonnie is a Registered Dietitian Nutritionist, Certified Diabetes Care and Education Specialist and Certified Intuitive Eating Counselor and has her Master of Science in Clinical Nutrition. She has worked in medical nutrition therapy and counseling for over 3 decades. Bonnie was trained and certified by The Original Intuitive Eating Pros.

Bonnie is the author of 3 books: *Enjoying Food Peace: Recipes and Intuitive Eating Wisdom to Nourish Your Body and Mind*; *Passover the Healthy Way: Light, Tasty and Easy Recipes Your Whole Family Will Enjoy*; and *My Supermarket Sidekick: Your Aisle-by-Aisle Shopping Guide*, all available on Amazon.