

Here's Why You Stress Eat

In the article "When Emotional Eating Becomes a Spiritual Stronghold" from *Charisma's* January issue, Jennifer LeClaire and Kathy DeGraw explain the spiritual factors. They also share how you can break free from the spiritual bondage of emotional eating.

In this video, Dr. Elissa Epel shares some of the psychological and physiological reasons behind stress eating. Fight the battle with all wisdom because, remember, in Christ, you are an overcomer!