



# War & Peas: Emotionally Aware Feeding - end the battle with picky eaters

*Jo Cormack*

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## **War & Peas: Emotionally Aware Feeding - end the battle with picky eaters** Jo Cormack

If you are worried about your child's picky eating, War & Peas has the answers you need. Therapist Jo Cormack turns conventional parenting techniques on their head, introducing readers to EAF (emotionally aware feeding). This is not a book about what to feed children, but how. EAF is a simple approach based on research and psychological theory. It will revolutionise the way you look at mealtimes and give you clear principles to follow. Once you understand the emotional and behavioural side of picky eating, you're on the road to making mealtimes happy again. Who the book is for: War & Peas is primarily written for the parents of young children aged 18 months to eight years. It is aimed at families where there are no complex medical reasons for problematic eating but somehow feeding has gone awry.

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Why? Because this War & Peas: Emotionally Aware Feeding - end the battle with picky eaters is an unordinary book that the inside of the publication waiting for you to snap the idea but latter it will surprise you with the secret the idea inside. Reading this book close to it was fantastic author who write the book in such amazing way makes the content on the inside easier to understand, entertaining approach but still convey the meaning totally. So , it is good for you because of not hesitating having this anymore or you going to regret it. This excellent book will give you a lot of gains than the other book possess such as help improving your talent and your critical thinking approach. So , still want to hold up having that book? If I were you I will go to the reserve store hurriedly.

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