

The Change Buffet

Choose from this large selection of techniques and skills to curb your mouth and heart hunger.



Nurture Yourself

Follow the 80/20 Rule

Stop Unwanted Thoughts

Distract Yourself

Manage Your Stress

Journal

Put Your Craving on Hold

Ambush Your Triggers

Assert Yourself

Solve Your Problems Effectively

Renovate Your Environment

Quench Your Thirst

Quit Sabotaging Yourself

Try Positive Self-Talk