



“To eat is a necessity, but to eat intelligently is an art.”
—La Rochefoucauld

Dear Reader/Food Lover/Healthy-Eater-in-Progress:

Eating well and in the way you intend is not easy as this quote suggests. In fact, sometimes it is downright frustrating! Thank you for choosing *Eat.Q.* to be your guide and teacher. I hope it will be your number-one tool for learning the art of eating intelligently and using your emotional intelligence to cope with your greatest food challenges. I'd like to offer you my best wishes in this learning process. I hope you savor *Eat.Q.* from cover to cover!

Susan Albers

Learn more from *Eat.Q.*, by Susan Albers, Psy.D.
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