## **Mindless Eating**

If you are distracted when eating, chances are good you'll eat way too much!



Fellowship of Christian Athletes © 2025 8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909 Comments or Questions, fca@fca.org Privacy Policy | Report a Problem | Copyright

Source URL: https://fcaresources.com/podcast/2009/04/22/mindless-eating