

Published on *FCA Resources* (<https://fcaresources.com>)

[Home](#) > Mindless Eating

Mindless Eating

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



Fellowship of Christian Athletes © 2024
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>