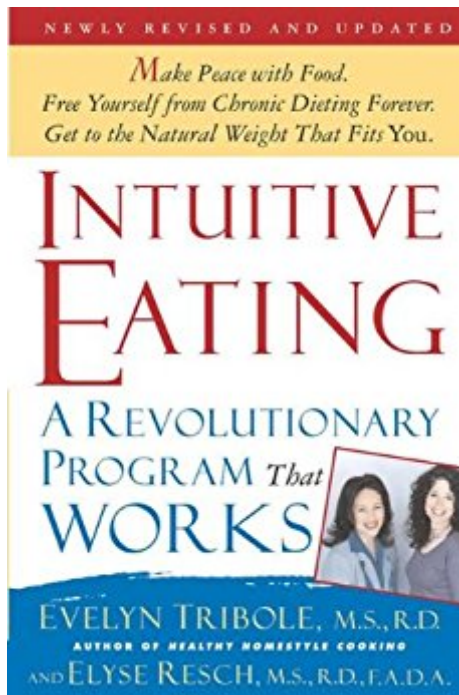


The book was found

Intuitive Eating, 2nd Edition: A Revolutionary Program That Works



Synopsis

We've all been there—angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the last one. But the problem is not you, it's that dieting, with its emphasis on rules and regulations, has stopped you from listening to your body. Written by two prominent nutritionists, *Intuitive Eating* focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be. Learn:

- How to reject diet mentality forever
- How our three Eating Personalities define our eating difficulties
- How to feel your feelings without using food
- How to honor hunger and feel fullness
- How to follow the ten principles of Intuitive Eating, step-by-step
- How to achieve a new and safe relationship with food and, ultimately, your body

With much more compassionate, thoughtful advice on satisfying, healthy living, this newly revised edition also includes a chapter on how the Intuitive Eating philosophy can be a safe and effective model on the path to recovery from an eating disorder.

Book Information

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Customer Reviews

About 5 years ago a friend tried to explain to me how she lost weight and had kept it off for so long. She told me that the only reason I overeat is because I restricted that food. I sort of understood what

she was saying, but not really. She told me to practice listening to my body: what do i want to eat? am i full yet? etc. Well, it took a few years of pondering her words, then I found this book, and finally it clicked!! WOW!! What a relief! I lost about 17 pounds two years ago and I have been the same weight since then. I eat WHATEVER I want to eat. There's not one food that is off-limits. Here's the essence of the book: pick whatever your most favorite food is and allow yourself to eat however much you want. For me, it was Oreos. I could eat an entire package in one sitting. So, imagine that you go to the grocery store, you buy one dozen packages of Oreos. Everyday after today you receive another dozen packages of Oreos on your front step. Basically, you have a neverending supply of Oreos. How many are you actually going to eat? Maybe the first day you eat three packages. Guaranteed, by the end of the first week or two, if you are still eating them, you'll be eating only a couple Oreos at a time because you literally don't want to eat anymore. Another food that was hard for me was french fries. Why do I eat all of my fries even when I'm stuffed? I realized it was because I knew in the back of my mind that I was going to try to avoid eating fries in the future, so I knew I better eat them all right now while I can! If you tell yourself (and you have to really mean it, too) that you will go back and get more fries in an hour, or ten minutes, if you really want to, then you will never overeat! Why would you make yourself uncomfortable?

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