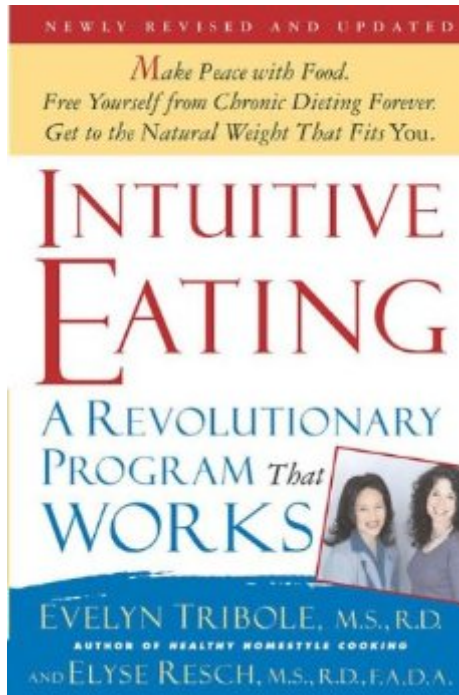


The book was found

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

File Size: 1047 KB

Print Length: 306 pages

Publisher: St. Martin's Griffin; 2 edition (April 1, 2007)

Publication Date: April 1, 2007

Sold by: Digital Services LLC

Language: English

ASIN: B002GYI960

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #43,136 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #17 in Kindle Store > Kindle eBooks > Nonfiction > Self-Help > Eating Disorders & Body Image #47 in Books > Health, Fitness & Dieting > Mental Health > Eating Disorders #102 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Nutrition

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?

[Download to continue reading...](#)

Intuitive Eating, 2nd Edition: A Revolutionary Program That Works Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Psychic: The Ultimate Guide on How to Reclaim Your Psychic and Intuitive Gifts (Psychic, Intuitive, Empath, Clairvoyance) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Intuitive Eating for Weight Release: Hypnosis/Meditation CD Intuitive Eating Clean Eating: Fire up Your Weight Loss and Energy with Amazingly Delicious Clean Eating Recipes (Clean Eating Cookbook) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) Eating Disorders Information for Teens: Health Tips About Anorexia, Bulimia, Binge Eating, and Other Eating Disorders (Teen Health Series) Overeating: How To Overcome Overeating, Food Addiction And Control Your Eating.. 11 simple and Easy Steps To Overcome Overeating! (Emotional Eating, Food ... Binge. Will Power, Mindful Eating, Craving) IP6: Nature's Revolutionary Cancer Fighter: Nature's Revolutionary Cancer-Fighter Salvador Allende: Revolutionary Democrat (Revolutionary Lives) The Swing!: Lose the Fat and Get Fit with This Revolutionary Kettlebell

Program Reversing Asthma: Breathe Easier with This Revolutionary New Program Freedom from Asthma: The Revolutionary 5-Day Treatment for Healing Asthma with the Breath Connection (R) Program The Wharton's Back Book: End Back Pain--Now and Forever--With This Simple, Revolutionary Program Lower Your Blood Pressure in Eight Weeks: A Revolutionary Program for a Longer, Healthier Life What Your Doctor May Not Tell You About(TM): Hypertension: The Revolutionary Nutrition and Lifestyle Program to Help Fight High Blood Pressure (What Your Doctor May Not Tell You About...(Paperback)) Pain Free for Women: The Revolutionary Program for Ending Chronic Pain The Thyroid Solution: A Revolutionary Mind-Body Program for Regaining Your Emotional and Physical Health

[Dmca](#)