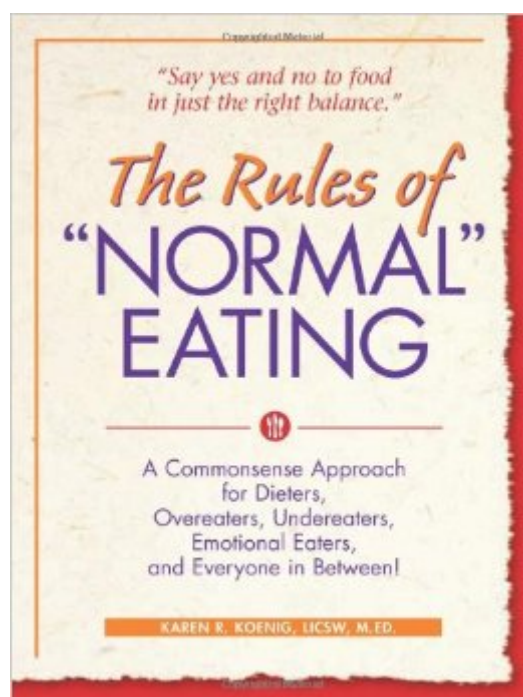


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# The Rules Of "Normal" Eating: A Commonsense Approach For Dieters, Overeaters, Undereaters, Emotional Eaters, And Everyone In Between!



## Synopsis

Written in easy-to-understand, everyday language, *The Rules of "Normal" Eating* lays out the four basic rules that "normal" eaters follow instinctively: eating when they're hungry, choosing foods that satisfy them, eating with awareness and enjoyment, and stopping when they're full or satisfied. Along with specific skills and techniques that help promote change, the book presents a proven cognitive-behavioral model of transformation that targets beliefs, feelings, and behaviors about food and eating and points the way toward genuine physical and emotional fulfillment. Readers learn how to reprogram their dysfunctional beliefs, manage uncomfortable feelings without turning to food, and establish new eating habits that tune their bodies into natural sensations of hunger, pleasure, satisfaction, and satiation. Filled with humorous insights, compassion, and practical wisdom, the book outlines balanced attitudes and patterns that benefit all types of eaters.

## Book Information

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## Customer Reviews

I highly recommend this book to anyone who struggles with "normal" eating. My relationship with food has changed forever, though I'm still working through the process. This is not a quick fix, and it's NOT another diet. If you're ready to stop dieting, and learn to deal rationally with your food issues, then buy this book. It's worth every penny. \*\*\*\*\*Wanted to update my review. Since purchasing the book in 2007, my eating gradually "normalized" as I put the concept of intuitive eating into practice. I steadily dropped 97 pounds over the course of 2 years. I've maintained a rational relationship with food, as well as a healthy weight ever since.

I bought this book because I was tired of wasting my time thinking, worrying and feeling bad about what I was eating and what I weighed. I tend to overeat, feel bad about what I weigh and how I look, get excited about dieting, lose the weight and then start the cycle all over again! The author has an excellent style of writing: she is thoughtful and intelligent, without making any wild statements or proclamations. One could say she is practicing the rational thinking that she preaches. If you are looking for a book to help you lose weight, you may need to look elsewhere. But, this book provides you with much, much more than that: how to have a healthy relationship with food and eating. As an added plus, you will learn how to examine your beliefs (about anything) and choose ones that will leave you happier and healthier. What more could you ask for from a book?

This book is back-to-basics and practical. It asks of its readers no more than to examine their own faulty beliefs and replace them with more rational thinking--the kind of enlightening work necessary for true recovery. Known as cognitive therapy, this kind of work is far more effective for weight loss than willpower or diets of any kind. I own a Yahoo! group to help folks ditch their diets and become normal eaters. Of all the "non-dieting" books, Karen R. Koenig's is the one I most often recommend.

I am a psychotherapist who specializes in food and body image disorders and I was absolutely thrilled when this book came out. I recommend *The Rules of Normal Eating* to all my clients who struggle with emotional and compulsive eating and I have used the book as an adjunct to my groups. I have seen first hand what a difference this book makes in people's lives. First, the book is very accessible. It's easy to read and to understand. Karen's writing style is comfortable and engaging and she has a great sense of humor. She also speaks from personal experience which makes the reader feel like she's not just some authority on the topic, but someone who knows exactly what you're going through. Second, Karen offers practical tools that if followed can help readers fundamentally change their relationship to food. She shows readers how to examine and challenge their beliefs about food, their body's and themselves. Readers discover healthy new ways of thinking. She offers practical and effective strategies for listening to and trusting the body, working through uncomfortable feelings and caring for the self. Karen does not pretend that doing this work is easy. She has great empathy for how difficult it is to honestly examine one's relationship to food and one's deeply held beliefs and make necessary changes. But she stays with the reader every step of the way, giving amazing suggestions, support and compassion. FIVE STARS!

I have been an emotional and binge eater with a history of related eating disorders. I have tried

most diets out there, own most books on healthy eating that have come out since the 70s, and have exercised both moderately and to excess. I have never been able to find whatever it is to keep me at a healthy weight -- until now. It has always maddened me that people (such as DH) are able to eat normally and never worry about calories or food groups or weight. This book has helped me understand why they can do it and I can't. It also contains exercises to help me understand the relationship that my beliefs, feelings, and actions have on my life, and exercises to help me replace some of my unhealthy beliefs, feelings, and actions with healthier ones. I highly recommend this book to anyone who had struggled with weight and food issues. I also recommend her workbook, *The Food and Feelings Workbook: A Full Course Meal on Emotional Health* which takes the ideas in this book a step further and is filled with information and exercises to help continue the self-work it takes to finally become a more normal eater. I have been practicing the principles in this book and have begun working in the workbook. A month later (after ditching all diet books and ideas) I have lost a few pounds (normally the absence of a diet would mean an incredible weight gain) and am more relaxed around food. The best things this has given me is the ability to focus on other things in my life and not have every waking thought revolve around what I just ate, what I am eating, and what I am going to eat next and when. Is this process easy? No, not really. Is it worth it? You bet!!!

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