

[PDF] Intuitive Eating: A Revolutionary Program That Works

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Books Details:

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Description:

First published in 1995, *Intuitive Eating* has become the go-to book on rebuilding a healthy body image and making peace with food. We've all been there—angry with ourselves for overeating, for

our lack of willpower, for failing at yet another diet. But the problem is not us; it's that dieting, with its emphasis on rules and regulations, has stopped us from listening to our bodies. Written by two prominent nutritionists, *Intuitive Eating* will teach you:

- How to reject diet mentality forever
- How our three Eating Personalities define our eating difficulties
- How to find satisfaction in your eating
- How to feel your feelings without using food
- How to honor hunger and feel fullness
- How to follow the ten principles of "Intuitive Eating",
- How to achieve a new and safe relationship with food and, ultimately, your body
- How to raise an "intuitive eater"-NEW!
- The incredible science behind intuitive eating-NEW!

This revised edition includes updates and expansions throughout, as well as two brand new chapters that will help readers integrate intuitive eating even more fully into their daily lives.

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