

Intuitive eating: a recovery book for the chronic dieter: rediscover the pleasures of eating and rebuild your body image.

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Abstract



Attempts to bridge the gap between the anti-dieting movement and the medical weight-loss community. Focuses on nurturing the body rather than on the biology of starvation. Encourages natural weight loss, helping you find the weight you were meant to be. Shows how to throw out the guilt and not the food; eat what you really want to avoid ending up on the prowl; avoid pushing away feelings with food; equate feeling good with exercise instead of weight loss; stop body-bashing; discover your fullness threshold; say goodbye to dieting forever; adjust your food attitude.



Other subjects



- regime pour reduction de poids
- weight reduction
- apeto
- appetite
- regime alimentaire



Other information



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