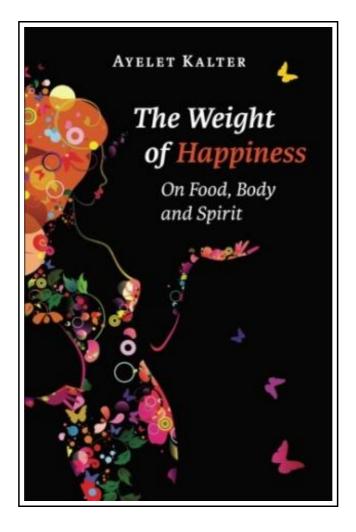
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THE WEIGHT OF HAPPINESS (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. Imagine a life free of weight worriesImagine a life free of thoughts about what to eat, how much, and when. Imagine a life in which you are finally free to be who you are! Now imagine that all of it can really happen to you if you ll only dare. The book The Weight of Happiness -On Food, Body and Spirit is the first step on the road to achieving that. This book focuses on the touching journey of Ayelet Kalter, a dietician and eating behavior therapist, and her patient Tamar. A journey that began with the strong desire to lose weight but ended up leading to life changing insights. It s the intimate story of a brave woman who dares open up before her readers and share in her personal struggle against the Kilograms. A woman who leads an exciting life but who also avoids full parts of her life because of her body weight. A woman who tries to free herself from this cage called - weight. Joining her on this journey is her therapist who tries to help her. Ayelet Kalter, who used to be a clinical dietitian, helped thousands of people with their weight problem. She saw them lose the weight but also watched when they gained it back. Ayelet, who figured out the false promise of diet, is leading the fight against it in Israel for over twenty years. This journey, which peeks inside the therapy room, encompasses other stories about women and their struggle against weight and its mystical power. Stories of women who came out of the closet and shared their innermost secrets about food, weight - which they perceive as the...



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