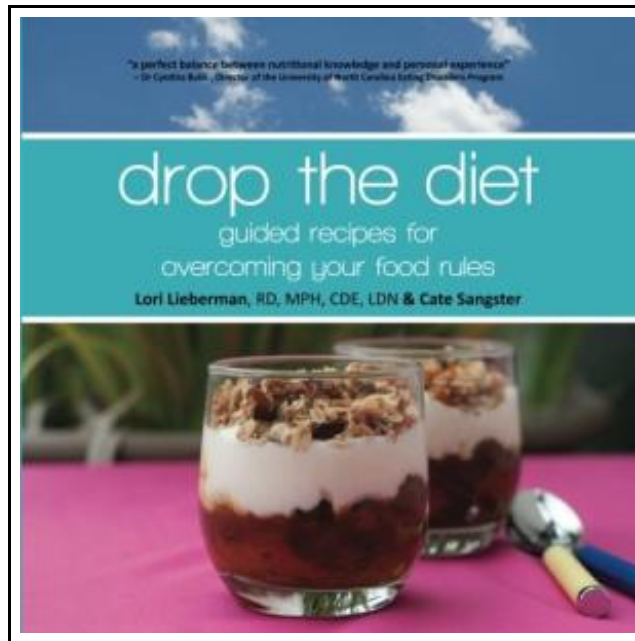


Drop the Diet: Guided Recipes for Overcoming Your Food Rules (Paperback)



Filesize: 8.03 MB

Reviews

Very helpful for all class of people. Sure, it is actually play, nonetheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Carole McClure)

DROP THE DIET: GUIDED RECIPES FOR OVERCOMING YOUR FOOD RULES (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Drop the Diet Following the success of their first book, Food to Eat: guided, hopeful trusted recipes for eating disorder recovery, Drop the Diet extends the anti-diet message to a broader audience, with warmth and humor, while retaining the same 25 fabulous and embraceable recipes. Cate Lori tell it like it is, and support you as you learn to trust your body and learn to eat normally again. Yes, even you. Episodes of dieting cause us to lose touch with our body's natural cues of hunger and fullness. Then we continue to rely-sometimes obsessively-on more unrealistic and unsustainable food rules . These rules might involve which foods are good versus bad , times you are allowed to eat, and compensatory behaviours required after eating. By banning foods, we inevitably crave what is forbidden. Your energy, your mood, and your ability to be social may be lost while you're restricting. In addition, you may also be losing bone, muscle and iron-leading to fractures, a slowed metabolism and anemia without even knowing it. And what happens when you can't take the restrictions anymore? Bring on the inevitable rebound overeating and the guilt that goes along with that. Drop the Diet is no diet book. It doesn't promise to shrink you, tone you, cleanse you, shape you, detox you or revolutionize you. Rather, it will introduce you to a new way to think about food and help you start enjoying food and eating again. It provides reliable and factual information about fats, and carbs and sugar, helping you to get out of your own way and change your behaviour. Drop the Diet will teach you step by step how...



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