



# Breaking Out of Food Jail: How to Free Yourself from Diets and Problem Eating Once and for All

By Jean Antonello

Fireside Books. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 8.3in. x 5.5in. x 0.9in. **FINALLY YOU CAN SET YOURSELF FREE** If you've tried every diet out there, if you've counted every gram of fat, every last calorie and every meal exchange, and you're still fighting the food wars, it's time for Breaking Out of Food Jail, a commonsense approach to food, eating, and appetites. Jean Antonello's practical, step-by-step program pinpoints and eliminates the most common cause of eating problems -- the fear of overeating. That's right -- if you've tried everything and you're still battling your appetite, it's probably because you're not getting enough to eat at the right time. When you deprive your body of food for any reason -- and as you do on most diets -- your body goes into a famine state. Your hunger soars, along with cravings for fatty foods and sugars -- the foods your body can most quickly turn into stored fuel to protect you from starvation. If you're like most dieters, you eventually respond to those signals by bingeing. And then you go back to your restrictive eating and start the cycle all over again. Breaking Out of Food Jail will release...



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