

# [GET] Intuitive Eating: A Revolutionary Program That Works

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Intuitive Eating is 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 isn't us; it's that dieting, with its strict rules, keeps 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 10 principles of "intuitive eating"; how to achieve a new and safe relationship with food and, ultimately, your body; and more. 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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