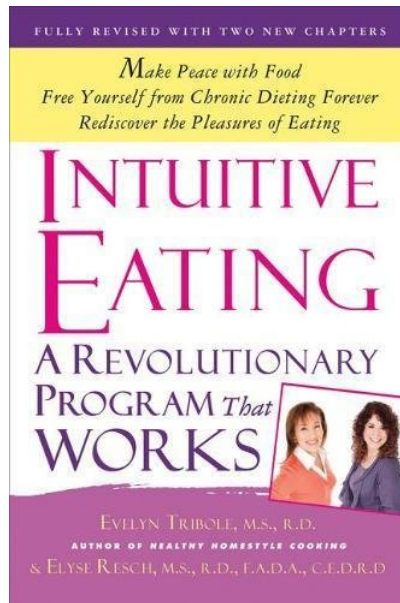


## 8v17v [Download] Intuitive Eating



**CONTINUE ►**

First published in 1995, "Intuitive Eating" has become 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 is not us; it's that dieting, with its emphasis on rules and regulations, has stopped 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 honour hunger and feel fullness; how to follow the ten principles of "Intuitive Eating"; how to achieve a new and safe relationship with food and, ultimately, your body; how to raise an "intuitive eater" - NEW!; and, the incredible science behind intuitive eating - NEW! 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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