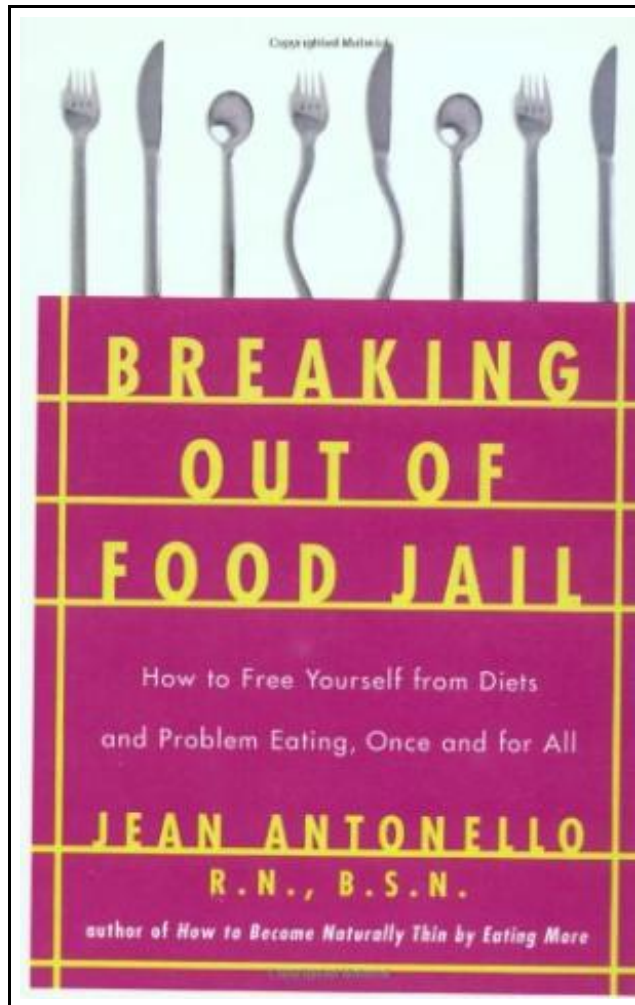


Breaking Out of Food Jail: How to Free Yourself from Diets and Problem Eating Once and for All



Filesize: 2.35 MB

Reviews

Extensive information for ebook fans. It generally is not going to expense a lot of. I discovered this publication from my dad and i suggested this ebook to discover.

(Ivah West)

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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 youve tried every diet out there, if youve counted every gram of fat, every last calorie and every meal exchange, and youre still fighting the food wars, its time for **Breaking Out of Food Jail**, a commonsense approach to food, eating, and appetites. Jean Antonellos practical, step-by-step program pinpoints and eliminates the most common cause of eating problems -- the fear of overeating. Thats right -- if youve tried everything and youre still battling your appetite, its probably because youre 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 youre 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 you from this trap and show you: How not eating enough results in cravings, overeating, disturbed eating behavior, and weight gain How the feast or famine pattern undermines even the most conscientious eater How to have a normal relationship with food -- including learning to eat whenever youre hungry and stopping when you are full Why most eating problems are not psychological but physiological How to prevent eating problems in children and young adults by teaching kids how to tune into their hunger and eat right Filled with self-tests, affirmations, simple exercises, and the latest research on dieting, as well...



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