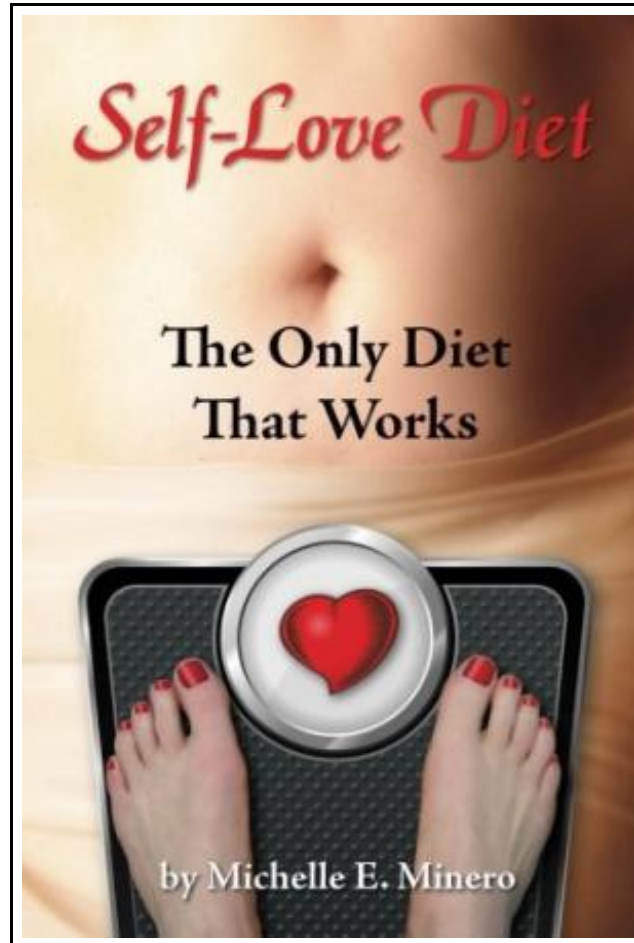


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Phoenix Century Press. Paperback. Book Condition: New. Paperback. 352 pages. Dimensions: 8.9in. x 6.0in. x 1.2in. Michelle E. Minero, MFT, has redefined diet as regularly offering yourself love. How would your life be different if you loved yourself and your body Find out through the 7 paths of the Self-Love Diet. You will explore your spirituality, your relationship with your body, your thoughts and feelings, as well as your relationship with yourself, others, your culture and your world. Develop a daily self-love practice, the only diet that works. Testimonial by Anita Johnston, PhD Rather than promoting the deprivation that is typical of modern day diet mentality, Michelle Minero graciously invites us to imagine how our lives and our world might be different if, instead, we fed ourselves a consistent diet of loving thoughts and kind behaviors. She offers up surprisingly easy-to-follow, practical steps for doing so, skillfully demonstrating how following the path of self-love can lead to freedom from body hatred and eating difficulties. This book is a gift for anyone struggling with eating, weight, and negative body image! -Anita Johnston, PhD Author, Eating in the Light of the Moon Testimonial by Pamela Carlton, MD This book is a must read. It is especially helpful for anyone with an eating disorder or chronic dieting and the people who love them. What a wonderful world it would be if women loved and accepted themselves and their bodies unconditionally. Michelle Minero helps the reader along that path. She helps us to see the ways that our society and we ourselves perpetuate self-criticism. She then presents ways in which we can change that critical self-talk into self-love. At the end of each chapter Michelle Minero gives practical action points that help the reader incorporate the key concepts into their life. I will definitely be...

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