

Making Peace With Food Freeing Yourself From The Diet Weight Obsession

The Intuitive Eating Workbook
World Peace Diet, the (Tenth Anniversary Edition)
Nourish
The Food and Feelings Workbook
Making Peace With Food
An Object to Herself
Making Peace with Herpes
When Women Stop Hating Their Bodies
Empower Yourself
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The Don't Diet, Live-It! Workbook
Unapologetic Eating
Body Positive Power
Groups
Am I Thin Enough Yet?
The Clinician's Handbook
Body Kindness
Yoga from the Inside Out
This Messy Magnificent Life
Make Peace with Your Mind
Intuitive Eating, 2nd Edition

The Intuitive Eating Workbook

Learn Inner Nurturing and End Emotional Eating If you regularly eat when you 're not truly hungry, choose unhealthy comfort foods, or eat beyond fullness, something is out of balance. Recent advances in brain science have uncovered the crucial role that our early social and emotional environment plays in the development of imbalanced eating patterns. When we do not receive consistent and sufficient emotional nurturance during our early years, we are at greater risk of seeking it from external sources, such as food. Despite logical arguments, we have difficulty modifying our behavior because we are under the influence of an emotionally dominant part of the brain. The good news is that the brain can be rewired for optimal emotional health. When Food Is Comfort presents a breakthrough mindfulness practice called Inner Nurturing, a comprehensive, step-by-step program developed by an author who was herself an emotional eater. You 'll learn how to nurture yourself with the loving-kindness you crave and handle stressors more easily so that you can stop turning to food for comfort. Improved health and self-esteem, more energy, and weight loss will naturally follow.

World Peace Diet, the (Tenth Anniversary Edition)

“ Gabrielle is the real thing. I respect her work immensely. ” —Dr. Wayne Dyer “ A new role model. ” —The New York Times “ I came to one of Bernstein 's monthly lectures and got my first look at the woman I 'd one day unabashedly refer to as ‘ my guru. ’ ” —Elle From #1 New York Times bestselling author Gabrielle Bernstein comes a clear, proactive, step-by-step process to release the beliefs that hold you back from living a better life. This six-step practice offers many promises. Petty resentments will disappear, compassion will replace attack, the energy of resistance will transform into freedom and you 'll feel more peace and happiness than you 've ever known. I can testify to these results because I 've lived them. I 've never felt more freedom and joy than I have when writing and practicing these steps. My commitment to healing my own relationship to judgment has changed my life in profound ways. My awareness of my judgment has helped me become a more mindful and conscious person. My willingness to heal these perceptions has set me free. I have been able to let go of resentments and jealousies, I can face pain with curiosity and love, and I forgive others and myself much more easily. Best of all, I have a healthy relationship to judgment so that I can witness when it shows up and I can use these steps to quickly return to love. The Judgment Detox is an interactive six-step process that calls

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on spiritual principles from the text A Course in Miracles, Kundalini yoga, the Emotional Freedom Technique (aka Tapping), meditation, prayer and metaphysical teachings. I ' ve demystified these principles to make them easy to commit to and apply in your daily life. Each lesson builds upon the next to support true healing. When you commit to following the process and become willing to let go, judgment, pain and suffering will begin to dissolve. And the miracles will keep coming. Once you begin to feel better you start to release your resistance to love. The more you practice these steps, the more love enters into your consciousness and into your energetic vibration. When you ' re in harmony with love, you receive more of what you want. Your energy attracts its likeness. So when you shift your energy from defensive judgment to free-flowing love your life gets awesome. You ' ll attract exactly what you need, your relationships will heal, your health will improve and you ' ll feel safer and more secure. One loving thought at a time creates a miracle. Follow these steps to clear all blocks, spread more love and live a miraculous life.

Nourish

Are you ready to practice yoga with all the heart and soul that it originally had? Recently a roundtable of America's top yoga teachers agreed that those who fail to understand the true spirit of yoga, using it only for striving, was the greatest challenge faced by the practice today. What is the cost to women using yoga to try and achieve an ideal? What are the benefits of embracing heart-centered yoga and self-acceptance? How can you return yoga to its original spirit?

The Food and Feelings Workbook

This sensitive workbook teaches readers how to be at peace with their bodies.

Making Peace With Food

An Object to Herself

The inner critic is the voice inside our heads reminding us that we are never “ good enough. ” It ' s behind the insidious thoughts that can make us second-guess our every action and doubt our own value. The inner critic might feel overpowering, but it can be managed effectively. Meditation teacher and therapist Mark Coleman helps readers understand and free themselves from the inner critic using the tools of mindfulness and compassion. Each chapter offers constructive insights into what creates, drives, and disarms the critic; real people ' s journeys to inspire and guide readers; and simple practices anyone can use to live a free, happy, and flourishing life.

Making Peace with Herpes

Create a healthier and happier life by treating yourself with compassion rather than shame. Imagine a graph with two lines. One indicates happiness, the other

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tracks how you feel about your body. If you 're like millions of people, the lines do not intersect. But what if they did? This practical, inspirational, and visually lively book shows you the way to a sense of well-being attained by understanding how to love, connect, and care for yourself—and that includes your mind as well as your body. Body Kindness is based on four principles. **WHAT YOU DO:** the choices you make about food, exercise, sleep, and more **HOW YOU FEEL:** befriending your emotions and standing up to the unhelpful voice in your head **WHO YOU ARE:** goal-setting based on your personal values **WHERE YOU BELONG:** body-loving support from people and communities that help you create a meaningful life With mind and body exercises to keep your energy spiraling up and prompts to help you identify what **YOU** really want and care about, Body Kindness helps you let go of things you can't control and embrace the things you can by finding the workable, daily steps that fit you best. It's the anti-diet book that leads to a more joyful and meaningful life.

When Women Stop Hating Their Bodies

For millions of diet-conscious Americans, the scientifically proven, step-by-step guide to overcoming repeated weight loss and gain, binge eating, guilt, and anxieties about food and body image.

Empower Yourself

Fat isn 't the problem. Dieting is the problem. A society that rejects anyone whose body shape or size doesn 't match an impossible ideal is the problem. A medical establishment that equates " thin " with " healthy " is the problem. The solution? Health at Every Size. Tune in to your body 's expert guidance. Find the joy in movement. Eat what you want, when you want, choosing pleasurable foods that help you to feel good. You too can feel great in your body right now—and Health at Every Size will show you how. Health at Every Size has been scientifically proven to boost health and self-esteem. The program was evaluated in a government-funded academic study, its data published in well-respected scientific journals. Updated with the latest scientific research and even more powerful messages, Health at Every Size is not a diet book, and after reading it, you will be convinced the best way to win the war against fat is to give up the fight.

Undone

A new edition of the group counseling resource guiding therapists through the formation of group process and offering examples, guidelines, and strategies in how leaders can apply key concepts. Therapists Corey and Corey discuss ways to maintain trust, deal with resistance, help members translate their group experience into life practice, and recruit members. Special attention is given to a number of particular group situations including a domestic violence group, a bereavement group for the elderly, an AIDS support group, and a counseling model for children. Annotation c. by Book News, Inc., Portland, Or.

Health Is Your Birthright

" Will empower all women to stop believing that our bodies are the problems, dieting the solution. " —Harriet Lerner, Ph.D., author of *The Dance of Anger* In this revolutionary new book, bestselling authors Carol Munter and Jane Hirschmann explore the myriad reasons why women cling to diets despite overwhelming

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evidence that diets don't work. In fact, diets turn us into compulsive eaters obsessed with food and weight. Munter and Hirschmann call this syndrome "Bad Body Fever" and demonstrate how "bad body thoughts" are clues to our emotional lives. They explore the difficulties women encounter replacing dieting with demand feeding. And finally, they teach us how to think about our problems rather than eat about them—so that food can resume its proper place in our lives. "Many women will find in these pages exactly what they need: determined, optimistic, and resourceful coaches, pausing at the right moments to acknowledge the difficulty of change, then passionately urging them to press on." —Susan C. Wooley, Ph.D., Professor of Psychology, Codirector, Eating Disorder Center University of Cincinnati Medical Center

Judgment Detox

Explains how women can utilize a four-step Empowerment Boosting Cycle of Awareness, Acceptance, Alternatives, and Action to find the strength they need to become self-empowered and to deal with everyday concerns, from body image to healthy relationships to career success. Original.

The Mindful Way through Depression

The author provides an account of her ten-year struggle with anorexia, binge eating, and bulimia, from high school to adulthood, and her recovering after years of therapy and hospitalizations

Making Peace with Your Plate

Making Peace with Herpes is the most thought-provoking and original book ever written on the subject of herpes. Christopher Scipio started off as a victim of the virus and transformed himself into one of the most experienced holistic practitioners who treats herpes in North America. He is an outspoken advocate of treatment without drug therapy." While it is a subject that many people would rather avoid, Scipio points out that 60% of the sexually active population in North America has either herpes simplex 1 or 2. "70% of the people who have it either don't know they have it, won't admit they have it or are not treating it," Scipio explains "For some people having herpes can make you feel like a leper. There are no public fundraisers or celebrity spokespersons championing the cause of herpes. In fact you would be hard-pressed to get anyone to admit in public that they have 'the gift.' " "The good news and the ironic news is that herpes is one of the easiest diseases to manage naturally. There is absolutely no need for drug-therapy for herpes. This book isn't just about how to have fewer outbreaks or how to stop having outbreaks; just doing that isn't enough to be healthy. This book is about holistically healing your herpes and living a healthy, happy and balanced life. Holistic health is about much more than making symptoms go away." Making Peace with Herpes is a must read for everyone. Whether you have herpes, are in a relationship with someone with herpes or you just want to educate yourself on the worlds fastest growing pandemic; it's a self-empowerment guide of the first order.

The Long Road Back

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Part memoir, nutritional primer, and political manifesto, this controversial examination exposes the destructive history of agriculture—causing the devastation of prairies and forests, driving countless species extinct, altering the climate, and destroying the topsoil—and asserts that, in order to save the planet, food must come from within living communities. In order for this to happen, the argument champions eating locally and sustainably and encourages those with the resources to grow their own food. Further examining the question of what to eat from the perspective of both human and environmental health, the account goes beyond health choices and discusses potential moral issues from eating—or not eating—animals. Through the deeply personal narrative of someone who practiced veganism for 20 years, this unique exploration also discusses alternatives to industrial farming, reveals the risks of a vegan diet, and explains why animals belong on ecologically sound farms.

When Food Is Comfort

An extraordinary, powerful connection exists between feeling and feeding that, if damaged, may lead to one relying on food for emotional support, rather than seeking authentic happiness. This unique workbook takes on the seven emotions that plague problem eaters — guilt, shame, helplessness, anxiety, disappointment, confusion, and loneliness — and shows readers how to embrace and learn from their feelings. Written with honesty and humor, the book explains how to identify and label a specific emotion, the function of that emotion, and why the emotion drives food and eating problems. Each chapter has two sets of exercises: experiential exercises that relate to emotions and eating, and questionnaires that provoke thinking about and understanding feelings and their purpose. Supplemental pages help readers identify emotions and chart emotional development. The final part of the workbook focuses on strategies for disconnecting feeling from food, discovering emotional triggers, and using one's feelings to get what one wants out of life.

Anti-Diet

Suffering scoliosis and chronic pain, fatigue, and depression due to a back injury, Ellen Tart-Jensen became determined to take charge of her life. She began researching natural health care and discovered that by listening to one's body and following nature's simple laws, health is attainable for everyone--herself included. Now a nutritional consultant and certified iridologist, she's at her absolute healthiest and travels the world coaching others in self-care. Filled with a wealth of tips on nutrition, therapeutic teas, exercise, cleanses, and more, HEALTH IS YOUR BIRTHRIGHT is a roadmap for those looking to take charge of their ailments, or at least lead a more balanced, vibrant lifestyle.

Eat to Love

Turn food from foe to friend with this bestselling guide to developing healthy eating habits through mindfulness—from a Zen teacher Food. It should be one of life's great pleasures, yet many of us have such a conflicted relationship with it that we miss out on that most basic of satisfactions. But it is possible—and not really all that difficult—to reclaim the joy of eating, according to Dr. Jan Bays. Mindfulness is the key. Her approach involves bringing one's full attention to the process of eating—to all the tastes, smells, thoughts, and feelings that arise during a meal. She shows you how to:

- Tune into your body's own wisdom about what, when, and how much to eat
- Eat less while feeling fully satisfied
- Identify your habits and patterns with food
- Develop a more compassionate attitude

toward your struggles with eating - Discover what you ' re really hungry for Whether you are overweight, suffer from an eating disorder, or just want to get more out of life, this book offers a simple tool that can transform your relationship with food into one of ease and delight. This new edition, updated throughout, contains a new chapter on how to provide children with a foundation in mindful eating that will serve them well all the rest of their lives. It also includes a link to a 75-minute on-line audio program of mindful eating exercises led by the author.

Fat ¿ A Fate Worse Than Death?

If you ' ve ever struggled with depression, take heart. Mindfulness, a simple yet powerful way of paying attention to your most difficult emotions and life experiences, can help you break the cycle of chronic unhappiness once and for all. In *The Mindful Way through Depression*, four uniquely qualified experts explain why our usual attempts to “ think ” our way out of a bad mood or just “ snap out of it ” lead us deeper into the downward spiral. Through insightful lessons drawn from both Eastern meditative traditions and cognitive therapy, they demonstrate how to sidestep the mental habits that lead to despair, including rumination and self-blame, so you can face life ' s challenges with greater resilience. This e-book includes an audio program of guided meditations, narrated by Jon Kabat-Zinn, for purchasers to stream or download from the Web. See also the authors' *Mindful Way Workbook*, which provides step-by-step guidance for building your mindfulness practice in 8 weeks. Plus, mental health professionals, see also the authors' bestselling therapy guide: *Mindfulness-Based Cognitive Therapy for Depression, Second Edition*. Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit

Our Bodies, Ourselves for the New Century

Changes in the widely used DSM-IV (Diagnostic and Statistical Manual of Mental Disorders) and MMPI-2 (Minnesota Multiphasic Personality Inventory) are covered in depth. In fact, coverage of the DSM-IV and MMPI-2 is so complete that this volume can serve as a primary reference on these topics, as well as a general diagnostic, assessment, and treatment resource.

Befriending Your Body

Undone is author Michele Cushatt ' s quest to make peace with a complicated life. It is an honest confession of a diagnosis of cancer and the joys and disappointments of motherhood and marriage, ripe with regret over what is and, yet, still hopeful for what could be. With enough humor to ease the rawness of the story, *Undone* takes the reader on a roller coaster two-year journey through the unexpectedness of life. A look back makes Michele long for a do-over, the chance to make fewer mistakes and leave less of a mess to clean up. A look forward makes Michele wonder if all her attempts to control life have robbed her of the vibrancy of it. And, in the middle of this internal chaos, she finds her once-pristine house filled with the sights and sounds of three small, uncontrollable children who just want to be loved. In the end, *Undone* turns complication into a beautiful canvas, angst into joy, and the unknown into an adventure, revealing that sometimes life ' s most colorful and courageous stories are written right in the middle of the mess.

Health At Every Size

New Tenth Anniversary Edition What is so simple as eating an apple? And yet, what could be more sacred or profound? Food is our most intimate and telling connection both with the natural order and with our cultural heritage. But it is increasingly clear that the choices we make about food today are leading to environmental degradation, enormous human health problems, and unimaginable cruelty toward our fellow creatures. The World Peace Diet presents the outlines of a more empowering understanding of our world, based on comprehending the far-reaching implications of our food choices. Incorporating systems theory, teachings from mythology and religions, and the human sciences, Will Tuttle offers a set of universal principles for all people of conscience, from any religious tradition, that show how we as a species can move our consciousness forward--allowing us to become more free, more intelligent, more loving, and happier in the choices we make. Since it was published in 2005, The World Peace Diet and author Will Tuttle have reached hundreds of thousands of people around the globe and created a whole new movement of people making a conscious connection with a healthful diet and cruelty-free living, and committing spiritually, psychologically, and socially to nonviolence and genuine sustainability. This tenth anniversary edition contains a new foreword, new resources (including recipes), and a study guide.

The Emotional Eater's Repair Manual

Discusses the social pressures on women to meet unrealistic standards of appearance, and looks at the impact of the media on women's self-image

Body Wars

Most women have spent time dieting and trying to change themselves in order to fit into a mold—and a body—that is deemed socially acceptable. Yet it is dieting that is the problem: it disconnects us from our bodies wisdom and holds us back from living life to the fullest. The more time we spend trying to “ fix ” ourselves, the less time we have for the things that really matter. What presents as a problem about food is, in reality, much deeper and more complex. In her new book, *Unapologetic Eating: Make Peace with Food & Transform Your Life*, registered dietitian and certified intuitive eating counselor Alissa Rumsey helps you explore your history with food and your body and question societal expectations to get to the bottom of the complexity and find a clear path forward—forever free from diets! Using a relatable four-step approach, Rumsey teaches you how to reconnect with your body using your relationship with food as the entry point. She provides actionable tools you can use to confidently nourish yourself physically, mentally, and emotionally. You ’ ll learn how to make peace with food, improve your body image, trust your intuition, and reclaim the space to eat and live unapologetically. Say goodbye to the constraints of dieting and hello to the freedom and empowerment to live your most fulfilling life.

Intuitive Eating, 4th Edition

Geneen Roth, author of the #1 New York Times bestseller *Women Food and God*, explains how to take the journey to find one ’ s own best self in this “ beautiful, funny, deeply relevant ” (Glennon Doyle) collection of personal reflections. With an introduction by Anne Lamott, *This Messy Magnificent Life* is a personal and exhilarating read on freeing ourselves from daily anxiety, lack, and discontent. It ’ s a deep dive into what lies behind our self-criticism, whether it is about the size of our thighs, the expression of our thoughts, or the shape of our ambitions. And it ’ s about stopping the search to fix ourselves by realizing that on

the other side of the “ Me Project ” is spaciousness, peace, and the capacity to reclaim one ’ s power and joy. This Messy Magnificent Life explores the personal beliefs, hidden traumas, and social pressures that shape not just women ’ s feelings about their bodies but also their confidence, choices, and relationships. After years of teaching retreats and workshops on weight, money, and other obsessions, Roth realized that there was a connection that held her students captive in their unhappiness. With laugh-out-loud humor, compassion, and dead-on insight she reveals the paradoxes in our beliefs and shows how to move beyond our past to build lives that reflect our singularity and inherent power. This Messy Magnificent Life is a brilliant, bravura meditation on who we take ourselves to be, what enough means in our gotta-get-more culture, and being at home in our minds and bodies.

Mindful Eating

In Eat to Love, nutritionist Jenna Hollenstein leads a spiritual revolution against pervasive attitudes towards food and dieting, and demonstrates how to free your mind from the fear, frustration, and shame often associated with eating.

Eating Disorders

The Vegetarian Myth

Do you find yourself eating food that doesn't energize you? Munching mindlessly or emotionally? Thinking about food and your body too much? Discover how to trust your body, use mindfulness, create nourishing habits, and ditch dieting. Nourish will guide you to transform your eating from self-control to self-love, using a 10-step healing process.

The Woman Behind the Mirror

The Don't Diet, Live-It! Workbook

A step-by-step holistic approach to eating disorder recovery, using self-compassion and embodiment practices to reduce symptoms, increase body awareness and acceptance, reconnect to others, and step back into an integrated life. Those who struggle with disordered eating often find themselves in an unrelenting cycle of harsh self-judgment, painful emotions, and harmful behaviors. Seeing the body as an adversary, these patterns can lead many people to become withdrawn or isolated. Ann Saffi Biasseti ’ s powerful holistic approach to liberating people from disordered eating focuses on growing self-compassion and embodiment. This insight, informed by yoga and mindfulness meditation, views the body not just as something to be healed or restored but as a source of great wisdom and knowledge. Dr. Biasseti offers yoga-based movement, body-awareness practices, meditations, and journaling exercises to help release long-held habits of self-criticism and perfectionism. Her step-by-step program will rebuild self-compassion, self-care, body awareness, acceptance, and connection to the self and to

others.

Unapologetic Eating

Do you use food to comfort yourself during stressful times? The Intuitive Eating Workbook offers a comprehensive, evidence-based program to help you develop a healthy relationship with food, pay attention to cues of hunger and satisfaction, and cultivate a profound connection with your mind and body. Have you tried fad diet after fad diet, only to gain weight back? Maybe you 've tried the protein diet only to move on to vegetables only? Raw almonds and coconut water every forty-five minutes instead of big meals? Or perhaps you 've tried counting calories, but the numbers on the scale still don 't add up. If you are ready to throw in your hat and give up on dieting for good, take heart. You can enjoy food again—you just need to pay attention to your body 's natural hunger cues. Based on the authors ' best-selling book, Intuitive Eating, this workbook can show you how. The Intuitive Eating Workbook offers a new way of looking at food and mealtime by showing you how to recognize your body 's natural hunger signals. Structured around the ten principles of intuitive eating, the mindful approach in this workbook encourages you to abandon unhealthy weight control behaviors, develop positive body image, and—most importantly—stop feeling distressed around food! You were born with all the wisdom you need for eating intuitively. This book will help you reconnect with that wisdom and ultimately change your life—one meal at a time.

Body Positive Power

A body-positive call to arms that's as inspirational as it is practical, from Instagram star Megan Jayne Crabbe For generations, women have been convinced that true happiness only comes when we hit that goal weight, shrink ourselves down, and change ourselves to fit a rigid and unrealistic beauty ideal. We've been taught to see our bodies as collections of problems that need to be fixed. Instagram star Megan Jayne Crabbe is determined to spread the word that loving the body you have is the real path to happiness. An international body positive guru with fans in all corners of the world, Megan spent years battling eating disorders and weight fluctuations before she found her way to body positivity. She quit dieting, discovered a new kind of confidence, and replaced all those old feelings of body shame and self-recrimination with everyday joy. Free of the pressure to fit in a size 2, her life became more satisfying than ever before. In her debut book, Megan shares her own struggles with self-acceptance and her path to body positivity. With whip-smart wit and a bold attitude that lights up her Instagram feed, Megan champions a new worldview for all of us: It's time to stop dieting and get on with your life.

Groups

Written for activists and educators, this cultural critique of female body image discusses the topic as it relates to sports, fashion, advertising, and propaganda, and offers practical strategies for those willing to fight unhealthy or unrealistic female images in society. Original. Tour.

Am I Thin Enough Yet?

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Make peace with food. Free yourself from chronic dieting forever. Rediscover the pleasures of eating. The go-to resource — — now fully revised and updated — — for building a healthy body image and making peace with food, once and for all. When it was first published, Intuitive Eating was revolutionary in its anti-dieting approach. The authors, both prominent health professionals in the field of nutrition and eating disorders, urge readers to embrace the goal of developing body positivity and reconnecting with one's internal wisdom about eating—to unlearn everything they were taught about calorie-counting and other aspects of diet culture and to learn about the harm of weight stigma. Today, their message is more relevant and pressing than ever. With this updated edition of the classic bestseller, Evelyn Tribole and Elyse Resch teach readers how to:

- Follow the ten principles of Intuitive Eating to achieve a new and trusting relationship with food
- Fight against diet culture and reject diet mentality forever
- Find satisfaction in their food choices
- Exercise kindness toward their feelings, their bodies, and themselves
- Prevent or heal the wounds of an eating disorder
- Respect their bodies and make peace with food—at any age, weight, or stage of development
- Follow body positive feeds for inspiration and validation . . . and more easy-to-follow suggestions that can lead readers to integrate Intuitive Eating into their everyday lives and feel the freedom that comes with trusting their inner wisdom—for life.

The Clinician's Handbook

We've all been there—angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the last one. But the problem is not you, it's that dieting, with its emphasis on rules and regulations, has stopped you from listening to your body. Written by two prominent nutritionists, Intuitive Eating focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be. Learn:

- *How to reject diet mentality forever
- *How our three Eating Personalities define our eating difficulties
- *How to feel your feelings without using food
- *How to honor hunger and feel fullness
- *How to follow the ten principles of Intuitive Eating, step-by-step
- *How to achieve a new and safe relationship with food and, ultimately, your body

With much more compassionate, thoughtful advice on satisfying, healthy living, this newly revised edition also includes a chapter on how the Intuitive Eating philosophy can be a safe and effective model on the path to recovery from an eating disorder.

Body Kindness

The first major revision of the 1984 classic guide to women's health includes information on such topics as breast cancer treatment options, preventing and living with AIDS, and new developments in contraception and reproductive technology. Reprint. 100,000 first printing.

Yoga from the Inside Out

Reclaim your time, money, health, and happiness from our toxic diet culture with groundbreaking strategies from a registered dietitian, journalist, and host of the "Food Psych" podcast. 68 percent of Americans have dieted at some point in their lives. But upwards of 90% of people who intentionally lose weight gain it back within five years. And as many as 66% of people who embark on weight-loss efforts end up gaining more weight than they lost. If dieting is so clearly ineffective, why are we so obsessed with it? The culprit is diet culture, a system of beliefs that equates thinness to health and moral virtue, promotes weight loss as a means of attaining higher status, and demonizes certain ways of eating while elevating others. It's sexist, racist, and classist, yet this way of thinking about food and bodies is

so embedded in the fabric of our society that it can be hard to recognize. It masquerades as health, wellness, and fitness, and for some, it is all-consuming. In *Anti-Diet*, Christy Harrison takes on diet culture and the multi-billion-dollar industries that profit from it, exposing all the ways it robs people of their time, money, health, and happiness. It will turn what you think you know about health and wellness upside down, as Harrison explores the history of diet culture, how it's infiltrated the health and wellness world, how to recognize it in all its sneaky forms, and how letting go of efforts to lose weight or eat "perfectly" actually helps to improve people's health -- no matter their size. Drawing on scientific research, personal experience, and stories from patients and colleagues, *Anti-Diet* provides a radical alternative to diet culture, and helps readers reclaim their bodies, minds, and lives so they can focus on the things that truly matter.

This Messy Magnificent Life

A guide to weight loss is designed to address the psychological aspects of overeating that cannot be resolved through diet and exercise, drawing on 20 years of clinical and personal experience to counsel readers on how to nurture the body with whole foods and hunger-balancing activities. Original.

Make Peace with Your Mind

Despite the gains of the women's movement, women are still judged by what they look like--and men, by what they do. *Fat--A Fate Worse Than Death?* offers hardy resistance to the narrow, random, and irrational appearance standards set for American women through an approach that is personal, eclectic, courageous, and funny. If you are interested in giving up your diet, throwing out your scales, and concentrating on who you are on a deeper level, this book will show you how to accept, appreciate, and even love your body! Using statistics, research, anecdotes, and personal experiences, *Fat--A Fate Worse Than Death?* explores how appearance standards have built a prison for women. With the book's helpful advice, reading suggestions, and list of more than 100 ways to fight looksism, sexism, ageism, and racism, you will learn to express your rights and needs, regardless of your shape or size, and tear down those prison walls. Designed to transcend the boundaries between the personal and the political, *Fat--A Fate Worse Than Death?* discusses: examples of how weight and size constitute the last socially accepted prejudice the national "War on Fat" counteracting societal influences that support weight preoccupation connection between appearance standards for older women and large women nurturing your body resisting male-defined standards of beauty for women the myth of diets and dieting how the body resists weight loss how women are disempowered by concentration on weight and appearance how concentrating on appearance leaves real-life issues unaddressed how feeling bad about yourself can turn you into a willing consumer Feminists, faculty and students of women's studies programs, aging women, women of radical politics, and other concerned women and men will find that *Fat--A Fate Worse Than Death?* states explicitly how women are kept powerless by subscribing to cultural and social edicts on physical appearance. Don't live silently in a society that degrades and discounts women because of their physical stature and don't let obsession with thinness keep you passive, docile, and unable to give your energy to things that really need your passion and intelligence. Read this book and learn to not only value yourself for who you are, but also to counteract American culture's equality-denying prejudices and practices.

Intuitive Eating, 2nd Edition

Anorexia has the highest mortality rate of any mental illness. Binge-eating disorder (BED) and bulimia can also bring misery and death. *Pushing the River*, with its

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unique three-phase approach to eating, smashes the illusion of control, the power, and the lies of this deadly illness, providing a concrete plan for long-term recovery from the disease of disordered eating.

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