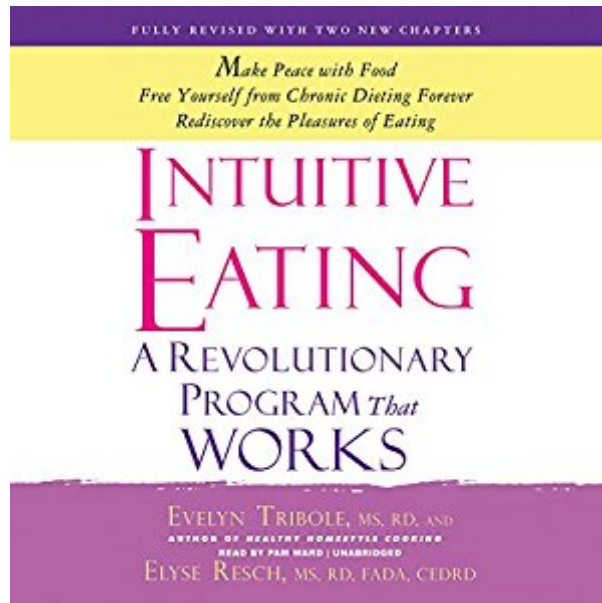




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# Intuitive Eating: A Revolutionary Program That Works



## Synopsis

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.

## Book Information

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## Customer Reviews

Intuitive Eating encompasses ten principles, but the main three (3) keys are these: \* Unconditional permission to eat when hungry and what food is desired \* Eating for physical rather than emotional reasons \* Reliance on internal hunger and satiety cues to determine when and how much to eat I have been a big fan & promoter of this method since I first heard about it in 2005. Using its principles, I lost twenty-five pounds in six months while eating my favorite things (chocolate, ice cream, cheeseburgers, pizza, etc). In this latest edition of the book, the authors have removed many of the numbers that were in the previous edition (stats, weights, heights) because they believe that it

leads to self-sabotage when these are the focus. They have also added two new chapters -- one that gives scientific backing to prove that IE works, and the other that focuses on how to help children and teens become Intuitive Eaters. The chapter on kids was actually very interesting to me, as I have two of my own (ages 11 & 14), one of which is very rebellious in regards to food -- he loves chips & ice cream, and it worries me that he's learning all of my own bad habits. The authors insist, though, that letting kids make their own decisions regarding food (how much, what kinds, etc) is the best method because they will intuitively get in the balanced nutrition they need, if they're left alone. It's when an issue is made of their eating habits or their weight that they start to rebel, and/or lose faith in their ability to trust their internal cues. One thing that surprised me about this new edition was the constant reminder of how it's important to put weight loss on the back burner in the beginning of this process. The reason for this is that, if you're focused on losing weight -- as opposed to just learning how to become an Intuitive Eater -- you will sabotage yourself by either getting depressed over the slowness of your weight loss progress, or by seeking out other diets in hopes of quicker results. Here are some quotes from the book that I found helpful (some of which I forgot to write the page number references for):

- \* bring peace to your eating life and body image (p.32)
- \* focus on weight loss MUST be put on the back burner while you learn to return to Intuitive Eating
- \* If you allow even one small hope to linger that a new and better diet might be lurking around the corner, it will prevent you from being free to rediscover Intuitive Eating (chp.1)
- \* undereating leads to overeating
- \* you can't fail at IE -- it's a learning process at every point along the way (p.53)
- \* the more you practice, the more confidence you'll have (p.86)
- \* focus on continual change and learning, and start thinking in terms of what you can learn along the way (p.119)
- \* pause in the middle of eating to gauge your hunger level, and to ask yourself how the food tastes
- \* give yourself permission to eat again when you get hungry
- \* if you start eating when you're not hungry, it's hard to know when to stop from satiety (p.128)
- \* slow down while eating
- \* It's what you eat consistently, over time, that matters -- progress, not perfection...
- \* Intuitive Eating means having no guilt in your eating (p.301)

Lastly, there is a chapter on eating disorders, too, and how those caught in the throes of one can seek help, and also learn to eat intuitively. Overall, I most highly recommend this book, and this method. It is very much based on common sense, and we all know that dieting doesn't work in the long run, anyway. This method is great because you can still eat what you love, you can eat out at restaurants without worrying about blowing your 'diet', and you can lose the craziness of obsessing over what food is "good/bad".

This book offers a unique perspective on the struggles and failings of dieting culture. The authors

provide plenty of scientific data to back up their claims of the psychological impact of dieting mentality on weight management, the growing child, and those with eating disorders. Although I found the book a fascinating read, I was disappointed the authors did not have a chapter about those on special medical diets (diabetics, gluten sensitive, etc). Maybe in the next edition?

Excellent! I am never dieting again. I was surprised with how quickly I was able to apply the principles.

This book is life changing! I have read through it once and am rereading it because it is so mind blowing. Highly recommend for anyone desiring to overcome an ED. Just purchased a second copy for a friend that was interested.

Highly recommend...if you have been stuck in any diet...and failed this is why, this shows you the way back to intuitive eating.

This book explains the intuitive eating theory in a way that you can understand. I am embracing intuitive eating and shifting my relationship with food in ways that I have never imagined. This works on your brain and thoughts about food in a way that diets only served to destroy! It is a great read !

My daughter recommended this book after dealing with weight issues for years. I have to say it was a difficult process to follow the guidelines put forth in the book, but it truly is remarkable. A completely different mindset and so sensible! NOT a diet, but a way to get out of the diet mentality and to live a healthier life both mentally and physically.

This information is freeing if you've dieted and tried to lose weight and struggled with food for a long time.

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