Intuitive eating: a recovery book for the chronic dieter: rediscover the pleasures of eating and rebuild your body image

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Abstract
Attempts to bridge the gap between the anti-dieting movement and the medical weight-loss community. Focuses on nurturing the body rather than on the biology of starvation. Encourages natural weight loss, helping you find the weight you were meant to be. Shows how to throw out the guilt and not the food; eat what you really want to avoid ending up on the prowl; avoid pushing away feelings with food; equate feeling good with exercise instead of weight loss; stop body-bashing; discover your fullness threshold; say goodbye to dieting forever; adjust your food attitude.
Intuitive eating is a nutrition philosophy based on the premise that becoming more attuned to the body's natural hunger signals is a more effective way to attain a healthy weight, rather than keeping track of the amounts of energy and fats in foods or satiety levels. It's a process that is intended to create a healthy relationship with food, mind, and body. Intuitive Eating, just like the many books available today, goes by many names, including non-dieting or the non-diet approach, normal eating, wisdom eating, conscious eating and more. *Intuitive Eating: A Recovery Book For The Chronic Dieter; Rediscover The Pleasures Of Eating And Rebuild Your Body Image.* New York: St. Martin's Paperbacks. ISBN 0-312-95721-1.