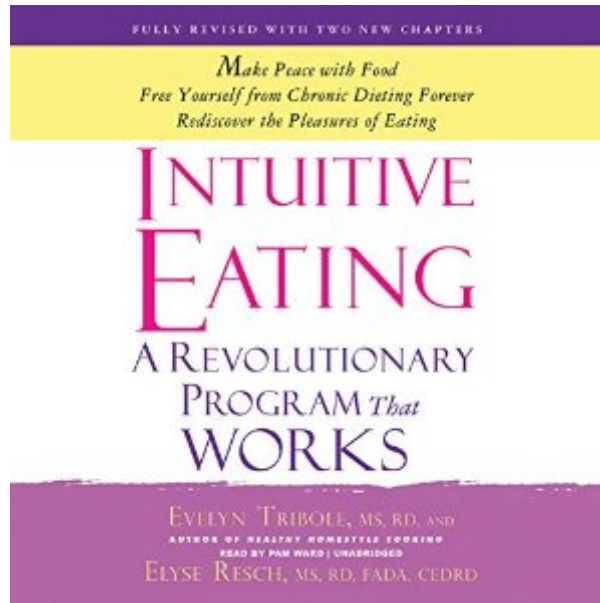


The book was found

# 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

Audible Audio Edition

Listening Length: 13 hours and 52 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Blackstone Audio, Inc.

Audible.com Release Date: October 4, 2012

Whispersync for Voice: Ready

Language: English

ASIN: B009LB5MFM

Best Sellers Rank: #8 in Books > Health, Fitness & Dieting > Mental Health > Eating Disorders  
#26 in Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition #27 in Books > Audible Audiobooks > Science > Medicine

## 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.

I've heard of this book for years, but just now got around to reading it. Throughout the book, the reader learns the 10 Intuitive Eating guidelines. They are not rigid rules that the reader must follow to lose weight. As a matter of fact, this book is purposefully lacking in nutrition advice or "weight loss" advice because this book isn't about weight loss, but about reconnecting to your body and its internal cues and signals. It does include one chapter called 'Gentle Nutrition', but that certainly is not the focus. I especially liked the chapter on Intuitive Eating for kids. As a parent of a preschooler, I have tried to give my daughter freedom in her food choices and it is interesting to see her natural self regulation that I recognize only after reading this book. She will leave a whole cookie on her plate because she's full. I still want to eat it because it's there and it tastes good and because my next diet will surely restrict cookies so I better eat as many as I can while I can. This is basically the point of this book. Quit living in diet hell and just listen to your body and trust its innate knowledge. She can leave the cookie because she's never restricted cookies before so she has no inclination to think that she won't get a cookie the next time she's hungry for one. I on the other hand, have been restricting all kinds of foods via dieting for about 20 years and, according to this book, is why it's a struggle for me to leave the cookie on the plate. I have been trying the concepts proposed in this book as I've been reading it and I'm definitely FEELING better about myself and my food choices. The first few days I found myself eating a lot of "fun food", but I really tried to eat only when hungry.

[Download to continue reading...](#)

Intuitive Eating: A Revolutionary Program That Works  
Lupus Underground: A Patient's Case for a Long-Ignored, Drug-Free, Non-Patentable, Counter-Intuitive Therapy That Actually Works - UVA1  
Phototherapy Helping Your Child with Extreme Picky Eating: A Step-by-Step Guide for Overcoming

Selective Eating, Food Aversion, and Feeding Disorders What's Eating You?: A Workbook for Teens with Anorexia, Bulimia, and other Eating Disorders Understanding Recovery from Eating Disorders (Teen Eating Disorder Prevention Book) Binge Eating Cure: Cure Binge Eating with Intermittent Fasting The Joy of Eating Well: A Practical Guide to- Transform Your Relationship with Food- Overcome Emotional Eating- Achieve Lasting Results Clean - Expanded Edition: The Revolutionary Program to Restore the Body's Natural Ability to Heal Itself You Can't Lie to Me: The Revolutionary Program to Supercharge Your Inner Lie Detector and Get to the Truth Breathe: The Simple, Revolutionary 14-Day Program to Improve Your Mental and Physical Health The Book of Psychic Symbols: Interpreting Intuitive Messages What Is Relativity?: An Intuitive Introduction to Einstein's Ideas, and Why They Matter The Options Edge: An Intuitive Approach to Generating Consistent Profits for the Novice to the Experienced Practitioner (Wiley Trading) The Intuitive Customer: 7 Imperatives For Moving Your Customer Experience to the Next Level Creating Icons for Websites and Apps (Intuitive Illustrator) Creating Logos with Type (Intuitive Illustrator) Creating Logos from Rounded Rectangles (Intuitive Illustrator Book 2) Creating Logos from Triangles (Intuitive Illustrator) Creating Logos from Circles (Intuitive Illustrator) Intuitive Painting Workshop: Techniques, Prompts and Inspiration for a Year of Painting

[Dmca](#)