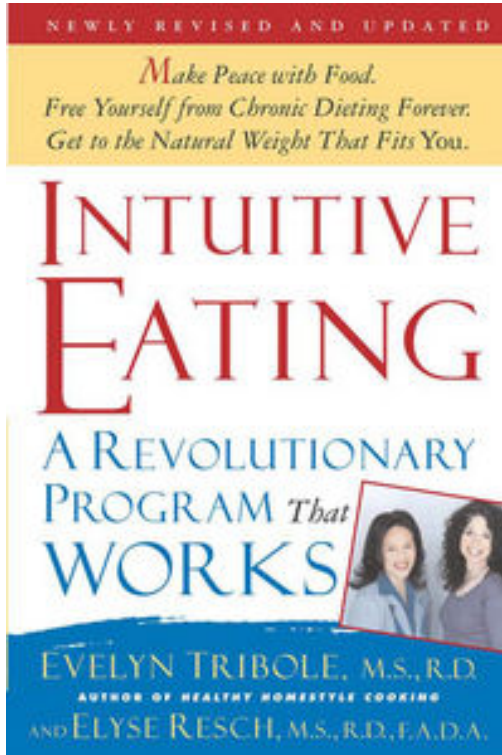


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Written by two prominent nutritionists, *Intuitive Eating* focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be.

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.

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