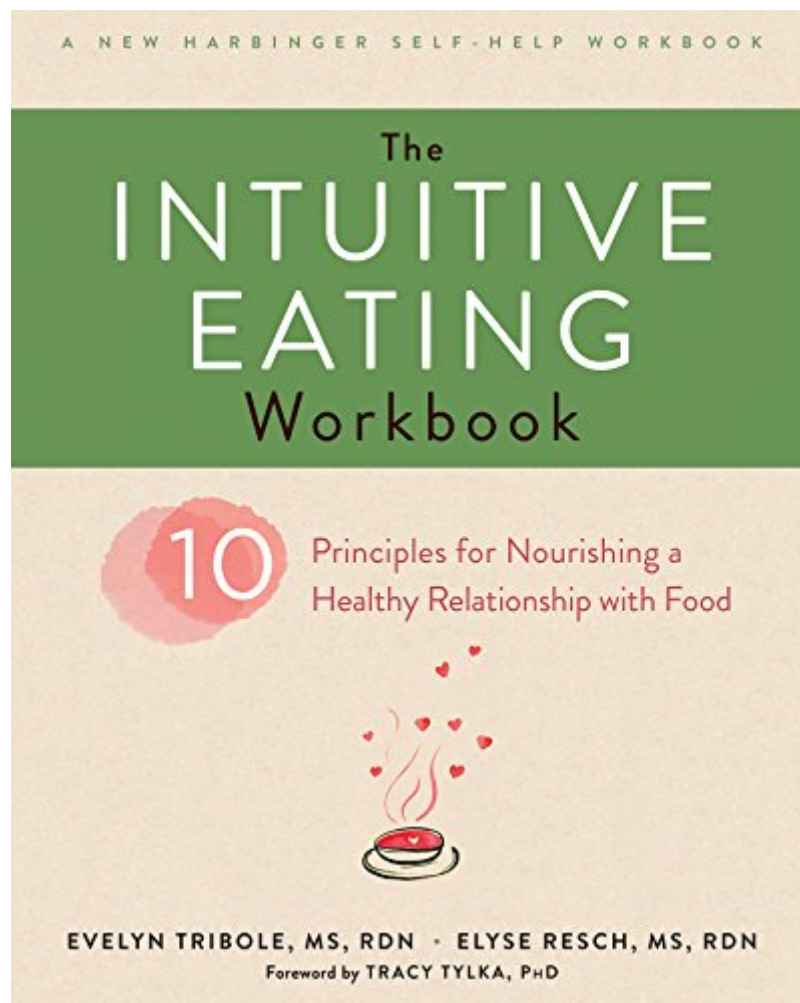




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# **The Intuitive Eating Workbook: Ten Principles For Nourishing A Healthy Relationship With Food (A New Harbinger Self-Help Workbook)**



## Synopsis

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 youâ™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 youâ™ve tried counting calories, but the numbers on the scale still donâ™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 againâ™ you just need to pay attention to your bodyâ™s natural hunger cues. Based on the authorâ™s 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 bodyâ™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, andâ™ most importantlyâ™ 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 lifeâ™ one meal at a time.

## Book Information

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## Customer Reviews

THE INTUITIVE EATING WORKBOOK re-presents the 10 principles, as discussed in the author's prior books on this same subject. The difference is, this book is not meant to just present the principles; rather, it is designed to take the reader into practical action. So, this book is much more of a practical, "hands-on" tutorial with tons of surveys, questions and worksheets. There is a LOT to consider in this book. It will not be a quick read—especially if the principles are new to you. It takes some time to do the assessments--there are a lot of questions and details. For readers already familiar with the concepts, I think you can just skim the principles, and go right to the worksheets. Each chapter covers one principle; here are the 10 principles: Principle One Reject the Diet Mentality Principle Two Honor Your Hunger Principle Three Make Peace with Food Principle Four Challenge the Food Police Principle Five Feel Your Fullness Principle Six Discover the Satisfaction Factor Principle Seven Cope with Your Feelings without Using Food Principle Eight Respect Your Body Principle Nine Exercise: Feel the Difference Principle Ten Honor Your Health. Here's the key theme of the book: Intuitive Eating means we become more aware, or "attuned" to the message of your body. This is natural: "It is an inner journey of discovery that puts you front and center; you are the expert of your own body." You rely more on your own natural sensations, and less of outside advice or guidance. Additionally, we strive to avoid situations and behaviors which distract us from correctly receiving the natural messages from our body. For example, the sensation of hunger is a natural sensation, which should not be dis-regarded until we get to the point of devouring everything in sight. Evelyn and Elyse emphasizes multiple times that this is not a weight loss program. The idea is to normalize your relationship with eating—not focus on weight: "If you focus on weight loss, that preoccupation will interfere with your ability to make choices based on your intuitive signals, and it will place focus on appearance rather than inner wisdom." The authors note several problems with using weight as a key metric of success. In fact, the authors explain, body mass is a poor indicator of health: "There is also a profound body of research" based on millions of people, cumulatively "that shows that weight, especially the body mass index, is not a good indicator of health." The authors cite scientific studies backing up this claim. Surprisingly, weight loss via diets actually correlates with WORSE health. "Many people are aware that dieting doesn't work in the long run, but most are surprised to learn that dieting

actually increases your risk for gaining even more weight. Do not overlook Chapter 2; it surprised me. It has a STUNNING section, Self-Care and Attunement Disrupters. This section helps you figure out how you are caring for yourself. For example, in the Self-Care Assessment Physical, one ponders really important parts of your life. For example, amount of sleep: Do I get enough sleep to feel rested and restored when I wake up? What about regular medical and dental checkups? Do you allow yourself to take time off when ill? The above examples might sound trite, but I think the authors are right on target. This section can really help a lot of people. I really appreciated the encouraging suggestions in this chapter. For example, do you identify comforting activities, make time to play and find things that make me laugh? After you complete the Self-Care Assessment, you see if there is a pattern in your behavior, and brainstorm strategies to improve your self-care. Here are some ideas for improving self-care: I will work on consistently getting enough sleep by getting to bed, with lights out, by ten thirty. On the emotional side, the authors suggest one could spend thirty minutes relaxing when I get home from work. Or maybe, Decline new volunteer projects until I finish my current commitment. On the spiritual side, one might have a goal of meditating for a few minutes. So all in all, I found THE INTUITIVE EATING WORKBOOK to be a useful guide to the 10 principles, and a terrific source of questions and worksheets to guide me through the process. The questions are well-designed and clear. There is a lot to ponder in this book, and the ideas are not trivial. I think most readers will need to spend quite a bit of time thinking through the concepts and taking the assessments. I would have liked to see bullet points summaries at the front or back of each chapter giving the main points. It would have made my read easier. The appendix contains an interesting set of resource material and addresses. For example, one could learn how to become a Certified Intuitive Eating Counselor. Honestly, I had no idea there was such a person. Another appendix contains detailed references supporting the author's scientific claims. Advance Review Copy courtesy of the publisher.

Wonderful resource to accompany the groundbreaking book!

Meh. I didn't care for this workbook. It might be a good fit for some people, but I felt like the questions really boxed you in to a specific type.

Great compliment to the book!

Helpful to reinforce the concepts from the book.

This book makes sense. Breath of fresh air. Follow your body and you will remain healthy.

This is a wonderful companion to the original Intuitive Eating book!

Again, delivery was more than prompt and the book has really changed my views on eating. I am so glad for the guidance offered in the exercises to assist me in changing my thoughts and habits regarding food! HIGHLY recommend this!

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