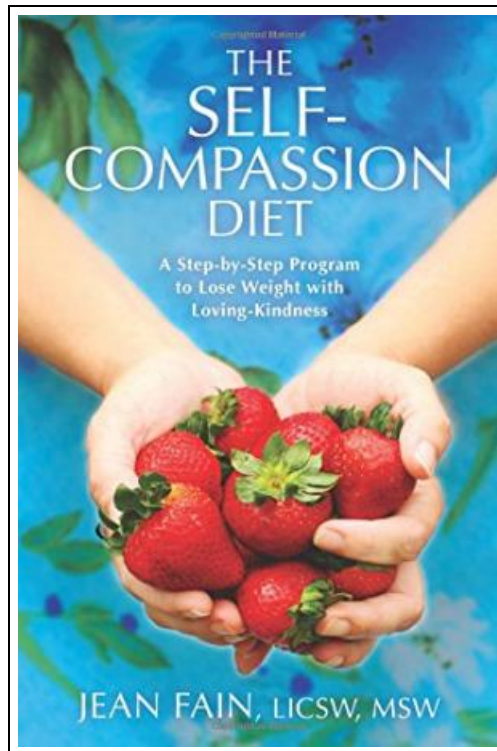


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SOUNDS TRUE INC, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book. Self-Love: Your Greatest Guide on the Path to Healthy Weight The secret to sustainable weight loss isn't counting calories or depriving yourself at the dinner table. Jean Fain tells us it's about cultivating awareness and self-acceptance wherever you are. With The Self-Compassion Diet, this Harvard Medical School-affiliated psychotherapist prescribes a practical program for transforming the way you think and feel about food and your whole self--a shift that, paradoxically, inspires physical change. Combining loving-kindness, self-hypnosis, and other winning weight-loss strategies, The Self Compassion Diet is available in two complementary formats to help you naturally progress toward genuine self-acceptance and a healthy, sustainable weight. With more than 30 different tools including quizzes, breathing exercises, and visualizations, the book explores four powerful weight-loss methods. The audio edition guides you through 11 key practices described in the book. Used together, this powerful combination can speed learning and boost success. Additional topics include: How to appreciate the everyday activity of eating, and learn to trust your body's signals that it's nourished Gradual change--a guided visualization for developing mindful eating habits A meditation for getting to know the diet coach who knows you best--your compassionate inner advisor Most dieters try to kill cravings and break habits with self-discipline, teaches Fain. Self-kindness can help quiet the shame that traditional diets instill, and establish a harmonious relationship with food. The Self Compassion Diet book and audio offer a treasury of heart-opening mind-body teachings and practices for improving the way you live, breathe, and eat.



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