

under the surface it's about embracing joy in fantastic and outrageous ways-and who doesn't need a bit more of that?

A revolutionary diet program based on the latest science showing the importance of fat in weight loss and overall health, from #1 bestselling author Dr. Mark Hyman. Many of us have long been told that fat makes us fat, contributes to heart disease, and generally erodes our health. Now a growing body of research is debunking our fat-phobia, revealing the immense health and weight-loss benefits of a high-fat diet rich in eggs, nuts, oils, avocados, and other delicious superfoods. In his new book, bestselling author Dr. Mark Hyman introduces a new weight-loss plan and explains how to Eat Fat, Get Thin, and achieve optimum wellness along the way. Offering practical tools, meal plans, recipes, and shopping lists, as well as step-by-step, easy-to-follow advice, Eat Fat, Get Thin is the cutting edge way to lose weight, prevent disease, and feel your best.

Craving

The Food Addiction Recovery Workbook

Why Weight?

A Revolutionary Program That Works

Eat Your Feelings

When Food Is Comfort

A Journey into the 3.5-Billion-Year History of the Human Body

Outsmarting Overeating

An expert on eating addiction lays out her spiritual solution for the the root causes of overeating, in a book that provides therapies, exercises and anecdotes from the author's own life.

98% of all diets fail because they don't address the crux of the problem: emotional eating.In this revolutionary look at the close link between eating and emotions, Tricia Nelson guides you on a path of healing. These seven simple steps will transform your eating, cure your cravings, and help you regain happiness, confidence, and freedom.If you are an emotional eater, binge eater, food addict, or sugar addict or suffer from any kind of disordered eating, this book will revolutionize your relationship with food. The obsession with food and weight is a symptom of something deeper. Learn how to identify and heal the root causes so you can stop battling your weight and start enjoying your meals, your body, and your life--without succumbing to crazy diets or exercise plans.Some juicy morsels you'll enjoy: " why "comfort foods" are so comforting" 3 hidden causes of emotional eating, and how to heal them" how to differentiate between physical and emotional hunger" the #1 weight loss mistake you should never make" how to manage stress before it drives you to the kitchen" In my 25 years of helping Americans upgrade their diets, I've seen how challenging overcoming emotional eating can be. Tricia's simple, yet powerful plan to heal the root causes of this problem will be a beacon of light to thousands of dieters." --JJ Virgin, New York Times best-selling author of The Virgin Diet and The Sugar Impact DietFood addiction is one of the toughest of the addictions. It's also a symptom of deeper issues. Tricia does a superb job of clarifying what those issues are, and how anyone with addictive tendencies can begin to heal, once and for all."--Hyla Cass MD, author of The Addicted Brain and How to Break Free

Binge Eating Disorder, written by a clinician and an advocate who have personally struggled with Binge Eating Disorder (BED), illuminates the experience of BED from the patient perspective while also exploring the disorder's etiological roots and addressing the components of treatment that are necessary for long-term recovery. Accessible for both treatment providers and patients alike, this unique volume aims to explore BED treatment and recovery from both sides of the process while also providing a resource for structuring treatment and building effective interventions. This practical roadmap to understanding, resilience, and lasting change will be useful for anyone working clinically with or close to individuals suffering from BED, as well as those on the recovery journey.

We've all been there-angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the last one. But the problem is not you, it's that dieting, with its emphasis on rules and regulations, has stopped you from listening to your body. 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.

"Will empower all women to stop believing that our bodies are the problems, dieting the solution."--Harriet Lerner, Ph.D., author of The Dance of Anger In this revolutionary new book, bestselling authors Carol Munter and Jane Hirschmann explore the myriad reasons why women cling to diets despite overwhelming evidence that diets don't work. In fact, diets turn us into compulsive eaters obsessed with food and weight. Munter and Hirschmann call this syndrome "Bad Body Fever" and demonstrate how "bad body thoughts" are clues to our emotional lives. They explore the difficulties women encounter replacing dieting with demand feeding. And finally, they teach us how to think about our problems rather than eat about them—so that food can resume its proper place in our lives. "Many women will find in these pages exactly what they need: determined, optimistic, and resourceful coaches, pausing at the right moments to acknowledge the difficulty of change, then passionately urging them to press on."--Susan C. Wooley, Ph.D., Professor of Psychology, Codirector, Eating Disorder Center University of Cincinnati Medical Center

Ela Enchanted

The Stress Eating Solution

The Food Mood Girl's Guide to Transforming Your Emotional Eating

A Program to Stop Dieting and Start Living

How to Stop Using Food to Control Your Feelings

My Life Battling My Inner Food Demon

Intuitive Eating, 2nd Edition

Daily Meditations for Overeaters

Use Life Skills, Not Willpower, to Stop Overeating The reason you turn to food when you're stressed or distressed is that you don't have better ways of managing life's ups and downs. According to Karen R. Koenig, an expert on the psychology of eating, you can transform your eating habits — and your life — by developing effective life skills. When you have enhanced skills, you won't need to turn to mindless eating to make it through the day and will get the best out of life rather than letting life get the best of you. With Koenig's guidance, you'll learn how to establish and maintain functional relationships, take care of yourself physically and emotionally, think rationally, and create a passionate, joyful, and meaningful life. When these behaviors take root and become automatic, food becomes what it is meant to be: nourishment and one of life's many pleasures.

A Practical Mind-Body-Spirit Guide for Putting an End to Overeating and Dieting

Eating for Autism

A Food Addict's Guide to Managing Emotional Eating

A Proven-Effective, Step-by-Step Guide to End Your Battle with Food and Satisfy Your Soul

How to Treat Your Addiction to Food

When Women Stop Hating Their Bodies

Shades of Hope

Conquering Shame and Codependency