



The Diet Survivor's Handbook: 60 Lessons in Eating, Acceptance and Self-Care

Judith Matz, Ellen Frankel

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If you're one of the nearly 116 million Americans trying to lose weight, only to find that every diet you've tried has failed you, you are a diet survivor.

You can step off the destructive diet bandwagon and reclaim your self-esteem, positive body image and a happy, healthy life. These 60 inspiring lessons will give you the tools you need to change your relationship with food, your body and yourself.

Dieting is hazardous to your health. Diets don't work and they won't work, and yo-yo dieting will make you fatter.

This book can show you how to:

- * Never diet again and allow your weight to stabilize
- * Stop feeling guilty about eating the foods you love
- * Free up all that mental energy to be more productive and have more fun in life
- * Get in touch with physical hunger and learn to love your body

Give up the vicious cycle and stop overeating.

Judith Matz and Ellen Frankel are sisters and therapists specializing in eating problems and weight issues. Each holds a Master's degree in Social Work and has over 20 years of clinical experience in the field of eating disorders. They are the authors of *Beyond a Shadow of a Diet*.

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Marlin Peterson:

The reason? Because this The Diet Survivor's Handbook: 60 Lessons in Eating, Acceptance and Self-Care is an unordinary book that the inside of the book waiting for you to snap the item but latter it will shock you with the secret this inside. Reading this book alongside it was fantastic author who also write the book in such awesome way makes the content within easier to understand, entertaining technique but still convey the meaning entirely. So , it is good for you for not hesitating having this anymore or you going to regret it. This unique book will give you a lot of gains than the other book include such as help improving your skill and your critical thinking method. So , still want to delay having that book? If I had been you I will go to the publication store hurriedly.

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Allison Lyon:

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