



The Rules of "Normal" Eating: A Commonsense Approach for Dieters, Overeaters, Undereaters, Emotional Eaters and Everyone in Between!

By Karen R. Koenig

Gurze Books. Paperback. Book Condition: new. BRAND NEW, The Rules of "Normal" Eating: A Commonsense Approach for Dieters, Overeaters, Undereaters, Emotional Eaters and Everyone in Between!, Karen R. Koenig, Written in easy-to-understand, everyday language, The Rules of "Normal" Eating lays out the four basic rules that "normal" eaters follow instinctively -- eating when they're hungry, choosing foods that satisfy them, eating with awareness and enjoyment, and stopping when they're full or satisfied. Along with specific skills and techniques that help promote change, the book presents a proven cognitive-behavioral model of transformation that targets beliefs, feelings, and behaviors about food and eating and points the way toward genuine physical and emotional fulfillment. Readers learn how to reprogram their dysfunctional beliefs, manage uncomfortable feelings without turning to food, and establish new eating habits that tune their bodies into natural sensations of hunger, pleasure, satisfaction, and satiation. Filled with humorous insights, compassion, and practical wisdom, the book outlines balanced attitudes and patterns that benefit all types of eaters.



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Reviews

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-- **Anika Kertzmann**

An extremely wonderful book with perfect and lucid information. This can be for all those who statte there had not been a really worth reading through. Its been written in an exceptionally easy way and it is only after i finished reading this ebook in which actually modified me, alter the way i really believe.

-- **Kaelyn Reichel**