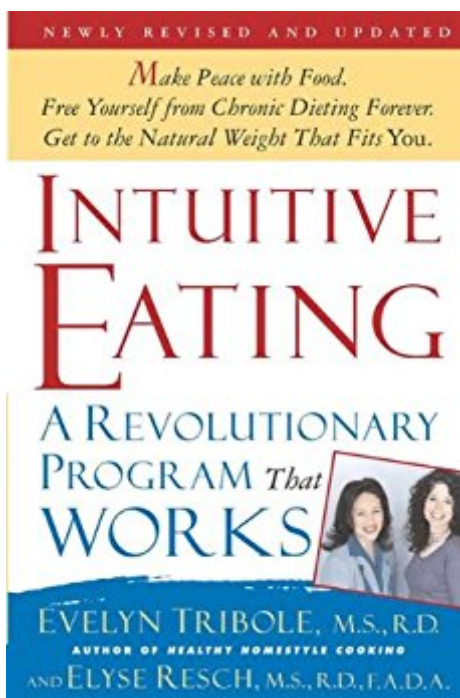


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# Intuitive Eating, 2nd Edition: A Revolutionary Program That Works



## Synopsis

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.

## Book Information

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## Customer Reviews

I'd like to describe my experience with Intuitive Eating (IE) as a concept, and how this book played a

role in my getting to where I am right now. I'm 46 years old, a guy, 5'6", and have been at a sort of equilibrium weight of about 150-155 lbs for the last couple of years, which feels ok to me. I had been overweight most of my adult life, but I knew things were going in a bad direction when I weighed somewhere around 200 lbs in Oct 2007. I strongly suspected that I would continue to go through my little diet/gain cycles that up until then were resulting in my gaining something like 5-10 pounds per year. I was already very uncomfortable, but figured I was going to be in big trouble in my 50's and later. Not having been exposed to IE, through sheer force of will I lost about 60 pounds in a little over a year. I had never before accomplished anything like that. I have to say that as I began to lose the weight, and experience the new energy that came with that, and looking and feeling better, I regularly experienced a kind of euphoria that just kept me going. Nothing else in my life really mattered very much compared to this and I really didn't care at all when friends and family began to tell me they were worried about me. However, I came to realize in early 2009 that I had basically exchanged one eating disorder for another. That was very difficult to admit. But I began to see that my food "management" procedures had pretty much taken over my life and I could see that it was beginning to have a negative physical effect. That same Winter I nearly blacked out while driving once, and in general I felt cold most of the time in a way I never had before. I finally went to my doctor who suggested that for my body type, I was somewhat underweight (I've only gained back about 15 pounds, but when I see pictures of myself from those times in say shorts and tee-shirt, I look like I must have been sick). And so I really did not know what to do next. I had already come to terms with the idea that if I needed to eat very restrictively for the rest of my life in order to never again be obese, as well as to look how I had always wanted to, that I would be willing to pay that price. But now I had begun to fear that I was damaging my body or even reducing my life span. I felt like I had two choices, let up on my restrictive eating and probably gain all the weight back and more as had always happened before, or keep on with it and very likely damage myself irreversibly (even writing this now, brings back some of the emotion of that time). But then one day I heard some kind of reference to the idea of IE, and I grabbed at it hoping it would turn out to be some kind of lifeline. I found this book and loved what it had to say from the very beginning. But I will tell you that the authors KNOW what they are talking about when they say that it is easier to come to terms with IE and trust it if you start while overweight, than it is if you are already at or below your natural weight. Because even though I knew I needed to gain some weight, seeing that happen, even by a couple of pounds, was terrifying to me. IE made so much intellectual sense, and even resonated with how I always imagined our bodies are supposed to work. But the fear that I would not be able to stop eating once I started was almost more than I could take. Even after being able to mostly ignore that

fear, it still sort of lurked in the background for a couple of years. I won't repeat what the authors teach since you can read the book, or the other reviews that give nice summaries. But I'll say that it all worked for me. It is just that it has probably taken far longer for me to trust what my body tells me it wants/needs than it needed to. Nevertheless, I have never been at such peace with myself and with food. It is nothing short of glorious to be able to eat whatever looks or smells good or interesting or different... to be able to go back to food shopping and cooking in a creative way... to be able to eat with friends in restaurants or at their homes, and comfortably go with the flow of it all. To be able to live this way, with no (or at least very little) mental record-keeping of how many calories I'm taking in and simultaneously planning how I will need to adjust what I eat later in order to compensate... to finally know, deeply, that my body itself is far better than my mind at doing all that naturally. There are some holdovers from the old "careful eating" ways, but I have consciously chosen to keep them on -- if I suspect a grocery store muffin has something like 750 calories(!), I'll check -- and if it does, then there is no way that counts as a little snack -- there are too many other ways to actually enjoy 750 calories :-). Same goes for fast food and soft drink decisions. But aside from these sorts of extremes, I know that I can eat (1) when I am hungry and (2) what I want, so long as (3) I really put everything else aside and experience the meal rather than eating mindlessly, and then (4) stop when I'm full. OK, I couldn't help myself, I had to make a plug for a few of the authors' principals - but they are my favorites. Read the book for the whole package -- it can change your life. Intuitive Eating may not work for everyone -- there is no question that food and eating have become a literal battleground in this modern world. But if you decide to give it a try, be prepared for the psychological effects to take a while to begin to kick in, especially if you are currently at or below your body's natural weight.

From my title, you might think I hated the book, but actually I loved it. In our culture, we are so attuned to food being used as a solution to our issues, to food being used as a recreation, to food being used as a social tool, that we have seemingly forgotten that food's primary purpose is to nourish our bodies so we can do some good in this world. That eating it can also be physically pleasurable - and that food so often plays other roles - seems to have taken precedence over all else. This book takes us back to the beginning of our eating lives, gets us back in touch with our actual needs, and gives us permission to once again experience the pure pleasure of eating. I don't have an eating disorder but I learned lots from this book. I think any American, and particularly any American woman, feels guilt when she "indulges" in some food that is "forbidden." This book shines a true light on that issue. With so much emphasis on weight, dieting, and non-stop exercising, it's

refreshing to find a book that is not caught up in that never-ending cycle, but that instead focuses on helping us slow down and listen to our bodies and to our inner needs - and even our inner desires - in long-forgotten ways. Even if you don't have an eating disorder, I would recommend this book. You might be surprised at the negative messages you carry around in your head. Also, I would FOR SURE recommend this book to moms - children need to be allowed to continue hearing their true hunger.

First off, let me say, I love this book. I read it very quickly and reread it as soon as I finished. The book makes you truly examine your lifestyle and how you eat. It provides you with information to consider every time you put something into your mouth. Conscious eating is the key to learning when you are actually hungry. The thing I really enjoyed about this book was the first section. Get rid of the idea that there are good and bad foods. Eat what you want when you are actually hungry (not emotionally craving). If you want ice cream, eat ice cream. If you want brownies, eat brownies. Once you do this for a period of time, these once "bad" foods lose their appeal. When you actively think about how you feel after eating these foods, you realize that healthier foods make you feel significantly better. This book has changed my life for the better. For the past year and a half I have been dieting far below my recommended calorie intake. I decided to try this book and method because I was constantly tired, cranky, and generally unhappy. It took about two weeks of eating intuitively and I started to notice how much better I felt. My cravings changed and my interests outside of food have come back. I look forward to living with this style of eating for the rest of my life. What have you got to lose. If it works for you, it will be the best \$10 investment of your life.

I'm still reading it little by little but it's not really holding my interest that well. I want to know what to do to help myself not read 20 million other stories of other people. Maybe I need a condensed version?

This helped me heal from binge eating after years of an unhealthy relationship with food. I can't explain why exactly, but it did.

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