



It's Not about Food: End Your Obsession with Food and Weight

By Carol Emery Normandi MFT, Laurelee Roark

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A revised and updated edition of the longstanding guide that has helped thousands struggling with emotional eating disorders.

Based on the techniques used successfully by Beyond Hunger, a nonprofit organization dedicated to helping people overcome emotional eating disorders, *It's Not About Food* gives readers the practical advice and inspirational push they need to take care of their bodies, minds, and hearts and put an end to the roller coaster of dieting and binging.

This new edition includes updated statistics, a new section on the challenges of obesity, and a range of new personal accounts from eating disorder survivors and advice from the authors' recent Beyond Hunger workshops.

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Editorial Review

From School Library Journal

YA-The authors' philosophy is that extra weight is an emotional as well as a physical issue, and that it can be handled, in part, by learning to distinguish between emotional and physical hunger. The book's supportive, empathetic tone is evidenced in such key messages as: "You are not using food because you lack control, and are undisciplined, or are flawed, but because it is the only way you can take care of yourself for now." Techniques to use to listen to the body, learning to respect and express feelings, using visualization to enlarge spiritual understanding, setting limits, and trusting the process to take you to a new and better place are all discussed. This intelligently presented book will find readers in any library and has great merit as an alternative to the usual recipe and diet books.

Catherine Charvat, Kings Park Library, Burke, VA

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Review

aAn important part of the growing movement to return womenas bodies to their rightful owners.a
aNaomi Wolf

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About the Author

Carol Emery Normandi, M.S., MFCC, has a private practice in marriage, family, and child counseling and specializes in eating disorders, self-esteem, and body image. Laurelee Roark, M.S., CCHT, has facilitated support groups, led workshops, and lectured about eating disorders for more than twenty years.

Users Review

From reader reviews:

Joseph Bolden:

Nowadays reading books be a little more than want or need but also work as a life style. This reading addiction give you lot of advantages. The huge benefits you got of course the knowledge the actual information inside the book in which improve your knowledge and information. The information you get based on what kind of publication you read, if you want have more knowledge just go with training books but if you want experience happy read one having theme for entertaining including comic or novel. The actual It's Not about Food: End Your Obsession with Food and Weight is kind of guide which is giving the reader unstable experience.

Richard Tipton:

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