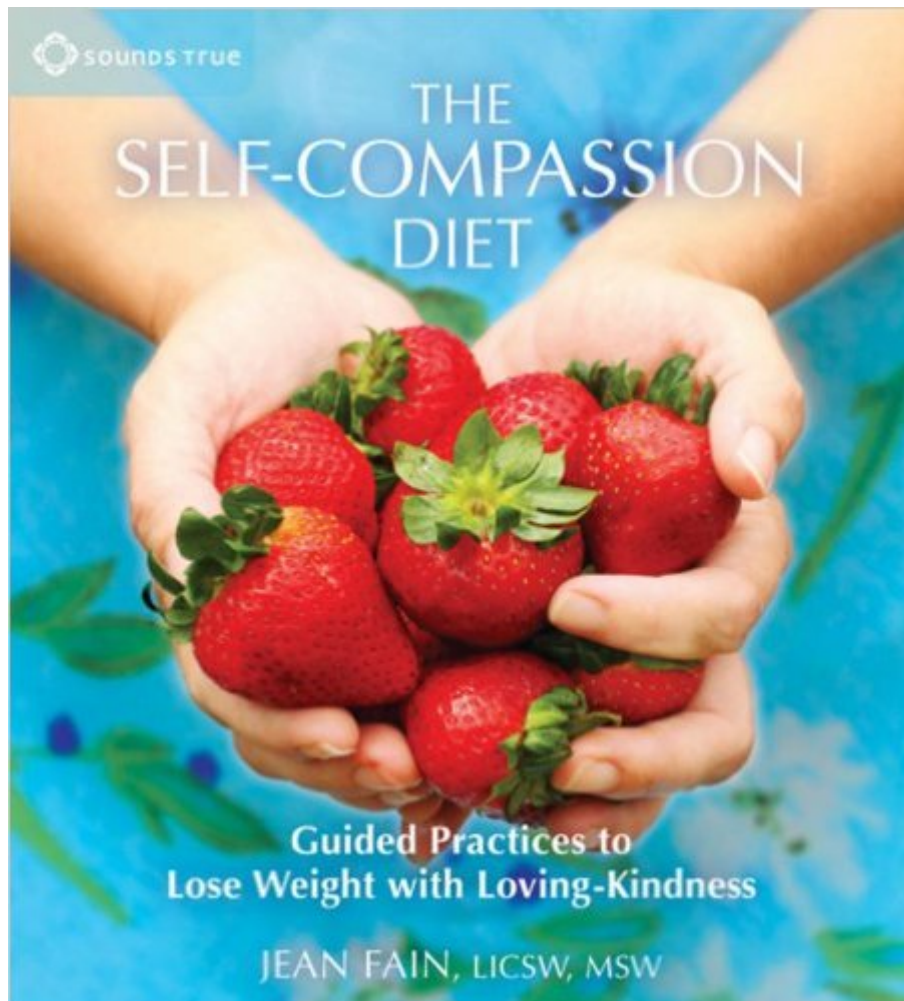


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# The Self-Compassion Diet: Guided Practices To Lose Weight With Loving-Kindness



## Synopsis

The secret to sustainable weight loss isn't counting calories or depriving yourself at the dinner table. Jean Fain tells us it's about cultivating awareness and self-acceptance wherever you are. With *The Self-Compassion Diet*, this Harvard Medical School-affiliated psychotherapist prescribes a practical program for transforming the way you think and feel about food and your whole self -- a shift that, paradoxically, inspires physical change. Combining loving-kindness, self-hypnosis, and other winning weight-loss strategies, she shares eleven guided meditations and trance sessions that have helped her clients change for good, including: 1) *Â Satisfaction*: a practice for appreciating the everyday activity of eating, and learning to trust your body's signals that it's nourished 2) *Â Gradual change*: a guided visualization for developing mindful eating habits 3) *Â Wise*: a meditation for getting to know the diet coach who knows you best -- your compassionate "inner advisor." "Most dieters try to 'kill cravings' and break habits with self-discipline," teaches Fain. "Self-kindness can help quiet the shame that traditional diets instill, and establish a harmonious relationship with food." Here is a treasury of heart-opening mind-body practices for improving the way you live, breathe, and eat.

## Book Information

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## Customer Reviews

This book was highly recommended by my eating disorders nutritionist, and after reading it I have to say it's a lifesaver for anyone with binge eating disorder or bulimia. Instead of beating yourself up for your lifelong, out-of-control behaviors with food, you're encouraged to be kind to yourself, as you would be to a close friend struggling with a painful health issue. You wouldn't criticize your friend

and tell her she was stupid and weak and disgusting for not being able to change her ingrained lifelong coping behaviors--you'd try to encourage and inspire her, accept her, and make sure that she knew she had your support in the healing process. This is not a diet book, but a way to reframe your thinking about body image and weight loss (since the mind is always the core issue in those with disordered eating). There are four main components: self-compassion, hypnosis and relaxation, mindfulness, and social support. In each section, the author provides several exercises and tools so that you can find the approach that works best for you. Because I've been a binge eater for so long (not because I love food--I actually often find myself hating it--but because going into that trance state of the binge and stuffing down carbs and sugar and fat temporarily relieve the overwhelming anxiety I so often cope with), I've never figured out how to NOT slip back into it when I'm stressed and anxious. This book has given me so many great ideas on what to do and how to view my disorder--ideas I've never thought of before and am glad to be aware of since the self-hatred route OBVIOUSLY has never worked. I don't feel completely alone in my struggle anymore.

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