

# 59 Anti-Diet Strategies: Break Free from Chronic Dieting and Rediscover the Joy of Eating

Are you tired of the endless cycle of dieting and weight loss only to regain it all back? Do you feel like you're constantly obsessing over your food and weight, and that you've lost all sense of joy and freedom when it comes to eating?



## The Making Peace with Food Card Deck: 59 Anti-Diet Strategies to End Chronic Dieting and Find Joy in

**Eating** by Christy Harrison

★★★★☆ 4.6 out of 5

Language : English

File size : 6662 KB

Screen Reader : Supported

Print length : 359 pages



If you're ready to break free from the dieting trap and rediscover the joy of eating, then this book is for you.

### In 59 Anti-Diet Strategies, you'll learn how to:

- Challenge the diet mentality and learn to listen to your body's natural hunger and fullness cues
- Make peace with food and stop using it as a way to cope with stress or boredom

- Develop a positive body image and learn to appreciate your body for what it is
- Find joy in eating and rediscover the pleasure of food
- Create a healthy and balanced lifestyle that supports your overall well-being

This book is packed with practical strategies, tips, and exercises that will help you on your journey to food freedom. It's time to break free from the dieting trap and start living a life that's full of joy and nourishment.

**Here's what people are saying about 59 Anti-Diet Strategies:**



***““This book is a game-changer. It's helped me to challenge my diet mentality and learn to listen to my body's natural hunger and fullness cues. I'm finally starting to find joy in eating again.” - Jessica S.”***



***““I've been dieting for years and it's never worked. This book has helped me to understand why and to develop a more positive relationship with food. I'm so grateful for this resource.” - Sarah J.”***

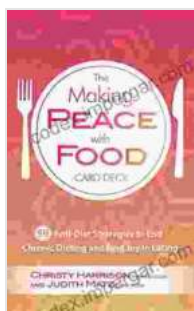


***““This book is full of practical strategies and tips that have helped me to break free from the dieting trap. I'm finally***

***starting to live a life that's full of joy and nourishment." - Michael K."***

**Free Download your copy of 59 Anti-Diet Strategies today and start your journey to food freedom!**

Click here to Free Download now: <https://www.Our Book Library.com/59-Anti-Diet-Strategies-Chronic-Dieting/dp/B087159256>



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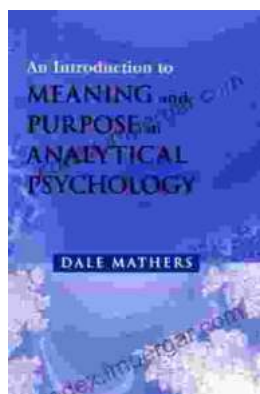
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