



The Intuitive Eating Workbook: Ten Principles for Nourishing a Healthy Relationship with Food

Evelyn Tribole MS RDN, Elyse Resch MS RDN CEDRD FAND

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Do you use food to comfort yourself during stressful times? *The Intuitive Eating Workbook* offers a comprehensive, evidence-based program to help you develop a *healthy* relationship with food, pay attention to cues of hunger and satisfaction, and cultivate a profound connection with your mind and body.

Have you tried fad diet after fad diet, only to gain weight back? Maybe you've tried the protein diet only to move on to vegetables only? Raw almonds and coconut water every forty-five minutes instead of big meals? Or perhaps you've tried counting calories, but the numbers on the scale *still* don't add up. If you are ready to throw in your hat and give up on dieting for good, take heart. You can enjoy food again—you just need to pay attention to your body's natural hunger cues. Based on the authors' best-selling book, *Intuitive Eating*, this workbook can show you how.

The Intuitive Eating Workbook offers a new way of looking at food and mealtime by showing you how to recognize your body's natural hunger signals. Structured around the ten principles of intuitive eating, the mindful approach in this workbook encourages you to abandon unhealthy weight control behaviors, develop positive body image, and—most importantly—stop feeling distressed around food!

You were born with all the wisdom you need for eating intuitively. This book will help you reconnect with that wisdom and ultimately change your life—one meal at a time.

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