



Eat What You Love, Love What You Eat: How to Break Your Eat-Repent-Repeat Cycle

Michelle May

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Do you regularly deprive yourself, succumb to temptation, feel guilty, and then start the process all over again? If so, you *need* this book. Dr. Michelle May will guide you out of the food-focused, diet-driven downward spiral that leads you to eat, repent, and repeat. She offers a powerful alternative: stop being afraid of food and start eating mindfully and joyfully.

No more rigid rules, strict exercise regimens, questionable drugs, or food substitutes. This book will soon have you eating the foods you love without fear, without guilt, and without bingeing. Create the healthy, energetic, and vibrant life you deserve.

Called "the antidote to ineffective dieting," *Eat What You Love, Love What You Eat* is a rare prescription for optimal health of the body, mind, heart, and spirit. After twenty years of yo-yo dieting, physician Michelle May discovered a peaceful, joyful relationship with food. Now Dr. May will show you how to resolve mindless and emotional eating and break free from your eat-repent-repeat cycle.

With uncommon sense and a powerful mind-body approach to healthy living, Dr. May helps you rediscover when, what, and how much to eat without restrictive rules. You'll learn the truth about nutrition and how to stop using exercise to earn the right to eat. You'll finally experience the pleasure of eating the foods you love--without guilt or bingeing.

In down-to-earth language that conveys her compassion for people who are sick of overeating and dieting, Dr. May offers you unconventional strategies for eating fearlessly and mindfully. With your new, powerful patterns of thinking, you'll live the balanced, vibrant life you desire.

Looking for Am I Hungry? What to Do When Diets Don't Work? We are sorry but that book is now out of print and has been replaced by the greatly revised, updated, and expanded new version, *Eat What You Love, Love What You Eat: How to Break Your Eat-Repent-Repeat Cycle*. While *Eat What You Love, Love What You Eat* is based on the same key concepts to guide readers out of yo-yo dieting, it also includes new tools and strategies, new chapters and topics (including head hunger, emotional eating, fearless eating, mindful eating, and mindful exercise), personal stories from Dr. May and her patients, dozens of recipes from Dr. May's husband, Chef Owen, and much more.

Praise for *Eat What You Love, Love What You Eat*:

"There is much wisdom embedded in this eminently practical book. *Eat What You Love, Love What You Eat* is a valuable guide for those seeking freedom from struggles with food and dieting."

--**Anita Johnston**, PhD, author of *Eating in the Light of the Moon*, director of 'Ai Pono Eating Disorders Programs

"Throw away all your diet books and replace them with Dr. Michelle May's *Eat What You Love, Love What You Eat*--it is fabulous, comprehensive, and the last book most dieters will ever need to break free of their dieting cycle."

--**Kathleen Zelman**, MPH, RD

"*Eat What You Love, Love What You Eat* gives the recipe for joyous and healthy eating."

--**Joe Scherger**, MD, vice president for Primary Care, Eisenhower Medical Center; clinical professor of family medicine, University of California, San Diego

"An increasing number of experts have gotten on the non-diet bandwagon. Dr. May has taken it to a whole new level by creating a simple and compelling mind-heart-body approach that brings pleasure back to eating."

--**Margaret Moore** (Coach Meg), founder and CEO, Wellcoaches Corporation

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Barbara Baker:

Now a day people who Living in the era everywhere everything reachable by talk with the internet and the resources included can be true or not need people to be aware of each info they get. How many people to be smart in receiving any information nowadays? Of course the solution is reading a book. Looking at a book can help persons out of this uncertainty Information especially this Eat What You Love, Love What You Eat: How to Break Your Eat-Repent-Repeat Cycle book because book offers you rich details and knowledge. Of course the data in this book hundred per cent guarantees there is no doubt in it you probably know this.

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Eat What You Love, Love What You Eat: How to Break Your Eat-Repent-Repeat Cycle can be one of your nice books that are good idea. Many of us recommend that straight away because this guide has good vocabulary that could increase your knowledge in vocab, easy to understand, bit entertaining but nonetheless delivering the information. The article writer giving his/her effort to get every word into enjoyment arrangement in writing Eat What You Love, Love What You Eat: How to Break Your Eat-Repent-Repeat Cycle yet doesn't forget the main stage, giving the reader the hottest in addition to based confirm resource facts that maybe you can be one of it. This great information may drawn you into fresh stage of crucial thinking.

Cheryl Saldana:

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