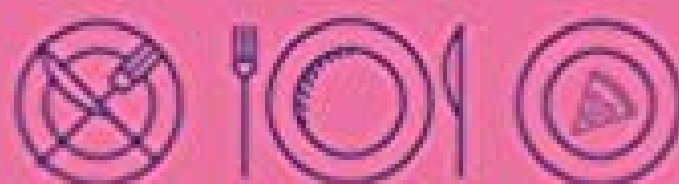


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THE  
**FOOD**  
THERAPIST

BREAK BAD HABITS,  
EAT WITH INTENTION, AND  
INDULGE WITHOUT WORRY



SHIRA LENCHEWSKI, MS, RD

*Shira Lenchewski*

**The Food Therapist: Break Bad Habits, Eat with  
Intention, and Indulge Without Worry**



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Meet your targets, finally, mindfully- and become familiar with yourself better THIS book! For regular people, basically useless guidance. Calorie consumption, hormones, sensitivities, gut wellness, lectins, emotional and psychological ramifications, it really is incredibly extensive and an easy read. :) YOUR OWN FUTURE Self Will Thank You I have often fallen in the group of "I know what I should do, but..! This would have saved me a few months of slower progress got it been released a year ago. This book can make you watch your negative food practices from a lense of self compassion and help you take steps towards making true adjustments. Haters gonna state it's fake, but truthfully, it's well worth the read for anybody who wants to make an educated decision about how to make a change when it comes to nutrition. Is such a necessary, needed continue reading one's relationship to food. As with many things in lifestyle, our reasons for achievement (or failure) frequently stem from unconscious emotional patterns. "Trimming to the Core" was a great chapter for me personally, because rather than admonishing my mental roadblocks, there are tools to discover detours around them before you actually get there. I actually couldn't recommend this reserve more We couldn't recommend this publication more. The thing that literally powers our lives? Getting this publication was the very best gift I could provide myself - I just wish I acquired it at 18 years older when I was set off into the globe to feed myself. It's useful, and well worth the read. I have read and researched ALOT during the last year as I lost 25 pounds and went from mostly sedentary to an athlete (i'm A 30 year old girl btw)- This book covers EVERYTHING...I highly recommend this publication if improving your relationship with food is your objective, not just losing weight. There is a lot emphasis in sports and training on mindset, healthy thinking, processing one's emotions. after that, this can be very helpful. We also loved the exercise where you write a letter to your own future self. This publication is a must read for anyone interested in changing their diet plan and creating a healthier nutritional lifestyle.. Its straight forward and to the point, but also makes flavor a priority.. I examine it twice and learned so much about myself along the way. so no sad grilled chicken white meat and asparagus here. now I've gotten my mom into reading it, and I cannot wait to talk about this reserve with my girlfriends! I believe the meal program is so sensible and lends itself to customization for busy people.. I in the beginning bought this book about Kindle and wanted to flip back and forth between pages so very much that I bought a difficult cover.) the real soul of this book may be the enlightening and essential knowledge you'll gain from understanding your own personal relationship with food. Finally a book on food and how exactly to eat that really breaks it down in a way you can understand and apply to your life. Just what a refreshing examine that's like speaking with your best friend over one glass of wine, yet she's arriving with the wisdom & understanding of a specialist in the field. I bought this for my mom, my

gal pals, and even my boyfriend and brothers because I actually've observed over and over, the limitations, guilt, shame, frustration or hot and cold patterns that our relationship to meals wreaks in our goals. I'll be gifting this to every youthful woman I know along with my mom and sister immediately. You'd me at "Indulge Without Worry" . Reward - there are quality recipes I cannot wait to make! Shira's book is an extremely refreshing and insightful approach to our relationship with meals. Its been helpful to have that letter to look at in occasions where I wish to go back to old behaviors, or diet tradition, or just take a seat on my couch watching TV. Chocked complete with practical details, yummy recipes and manuals (including fridge and pantry essentials, LOVE! Finally a book in food and how to eat that basically breaks it straight down in a way you can understand and connect with your daily life. Shira separated the book into two separate parts- The "Food Therapy" and the practical application. Five Stars Great book with yummy recipes! However it remaining me feeling like I needed more and the publication sort of came to a finish. I also sense like her dishes and foods are pretty limited for a two-week stage and what not... Why are we not really applying those strategies and understandings to our food? This reserve captures what other nutrition books are lacking. I found myself pausing while eating to experience food more..our romantic relationship with food. Because it really is complicated. Reading this book I felt like Shira "got" me, and really had my back. I'd give this book 100 stars easily could! Relatable, honest, motivational, and applicable I received this reserve and browse it cover to cover! I couldn't recommend this book more. I so appreciate Shira's relatable, honest approach throughout the book and the consistent theme of personal compassion. As a mental wellness therapist myself, I treasured the emotional and physiological connections (with so many quality resources!). I kept locating myself excited to see what another chapter would bring. Focus on the first half The second half of the book could be a bit problematic because it becomes more about a pseudo Paleo diet plus some recipes. However, focus on the first half.The first half of the book is where "Food Therapist" is most accurate. I found terms with my relationship with food, along with how to consider food going forward.. I use mindfulness techniques to manage my panic. The Food Therapist helped me make use of these same ways to improve my romantic relationship with food." which book totally eliminated the "but" for me. Unrealistic, boring, OD of cooking info Book has a few interesting tips/suggestions. Overall, it's packed with super boring dishes. Fine for somebody with tons of time and money.! Five Stars Relationship with yourself and food is to explore here. Must read! Buying for all your women in my life.. But it's on my side today. The eating instruction and recipes are approachable and refreshing. I love the authors design of writing and her general mindset on this issue. Highly recommend! I've lost fat and gained it back again, lost weight ... I've lost pounds and

obtained it back, lost excess weight and obtained it back again....I was looking for a reserve that goes a little deeper. This book honestly didn't inform me anything I didn't already know. I think whether it's the first time you're acquiring control of your wellbeing... I'm definitely somebody who falls into regimentation and rigid thoughts around food, and the chapter gave me tools for how to make intelligent decisions but without being so rigid in my own thinking. Some good take-aways She has some good points that have caused good self-reflection, and finding the 'why' behind a few of my eating patterns- and I liked her method of self-compassion, that i sorely lack.



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