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Intuitive Eating, the activities within the  
workbook will help you learn to listen to  
your body's wisdom, break out of diet

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mentality, and learn to fully enjoy your food.

## **Our Books | Intuitive Eating**

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Evelyn Tribole and Elyse Resch in 1995.

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the Diet Mentality. Throw out the diet books and magazine articles that offer you the false hope of losing weight quickly, easily, and permanently. Get angry at diet culture that promotes weight loss and the lies that have led you to feel as if you were a failure every time a new diet stopped working ...

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Second, make meals sensory events. Practice eating with a chef's mindset, suggests Murray. "Chefs would be devastated if they spent hours preparing a meal and knew that as you sat down to eat ...

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Intuitive eating was first coined by two Registered Dietitians, Evelyn Tribole and Elyse Resch, in the first edition of their book, *Intuitive Eating: A Revolutionary Program that Works*. Intuitive Eating is based on making food choices that nourish and fuel our bodies, following internal hunger and fullness cues, and allowing oneself to eat ...

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