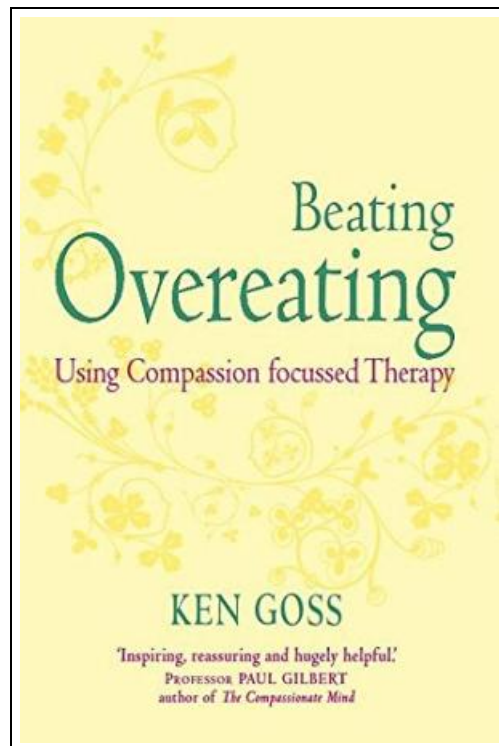


The Compassionate Mind Approach to Beating Overeating: Series editor, Paul Gilbert (Paperback)



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Reviews

This pdf may be really worth a read, and superior to other. It generally does not price too much. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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THE COMPASSIONATE MIND APPROACH TO BEATING OVEREATING: SERIES EDITOR, PAUL GILBERT (PAPERBACK)



Little, Brown Book Group, United Kingdom, 2001. Paperback. Condition: New. Language: English . Brand New Book. This self-help book explores the problems created by having ready access to high fat foods designed to taste good. Because we evolved in conditions of relative scarcity we have few natural food inhibitors and so most diet books try to encourage people to inhibit their eating by highly rule governed behaviours which have to be constantly worked at. However, this can lead to various forms of self-criticism which can undermine efforts at self-control. As a result our relationship with eating can be complex, multifaceted and problematic. Beating Overeating Using Compassion Focused Therapy uses Compassion Focused Therapy - a groundbreaking new therapeutic approach - to understand and work with our urges and passions for food. We can learn to enjoy and accept food and pay attention to our biological and emotional needs. This book is for people who have tried diets and found that they don't work and will enable the reader to have a healthier and happier relationship with food and their body. Topics covered: The relationship between our brains and food, the evolutionary background to finding, conserving and eating food How too much or too little food affects the brain, why diets don't work, factors affecting our eating behaviour (tastes, stress, comfort, etc) Body shape and culture Developing an inner compassion for one's relationship with food - recognising what we need and what is helpful.



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