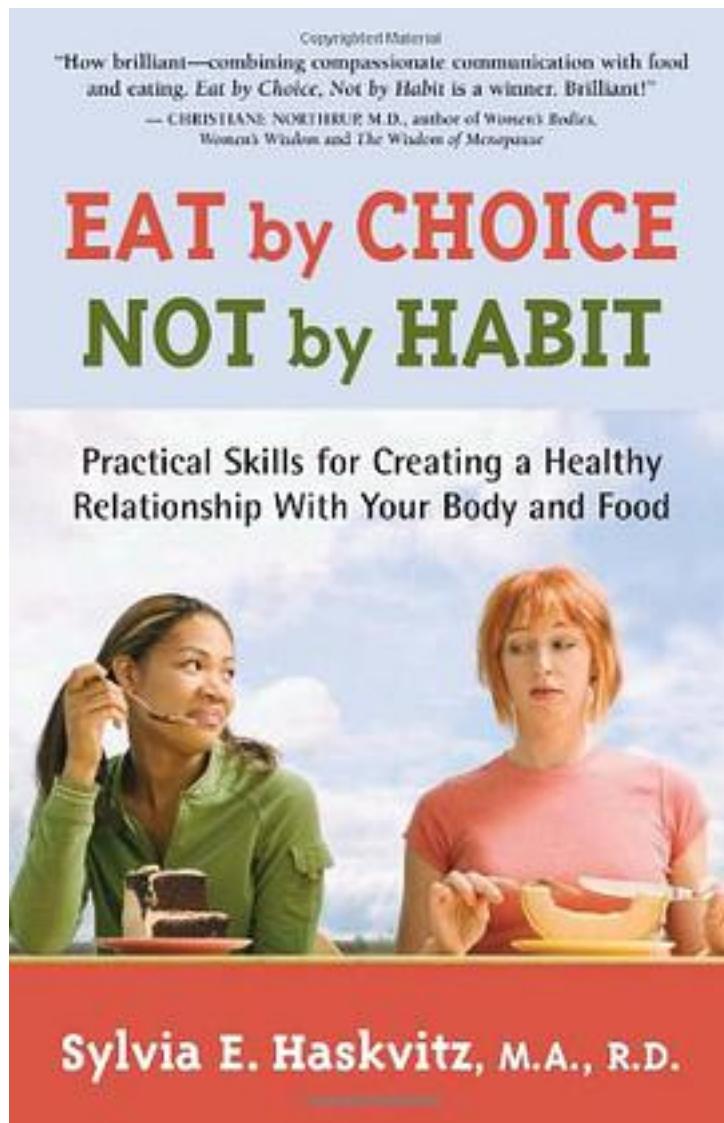


# Eat by Choice, Not by Habit



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出版者:Independent Pub Group

出版时间:2005-10

装帧:Pap

isbn:9781892005205

Combining sound dietary information with the techniques of Nonviolent Communication, this handbook for successful dieting shifts the focus to changing the ways readers see food and their food choices. Eating is a need, but for those caught in cycles of over-consumption and dieting, it can often be a stand-in for other unmet needs, such as emotional fulfillment. When reconnected to actual nutritional needs, however, consumption habits turn into choices, signaling greater freedom. Practical strategies are outlined for breaking out of cycles of eating and becoming aware of one's needs. Rather than being a prescriptive fad diet, the suggestions are interactive and encourage questioning and reflecting as one moves through the lessons. By learning to connect with food in ways previously not possible, readers who are seeking to slough off old patterns in favor of new options can again enjoy the tastes, smells, and sensations of good eating.

作者介绍:

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