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## The Self-compassion Diet: Guided Practices to Lose Weight with Loving-kindness

By Jean Fain

SOUNDS TRUE INC, United States, 2011. CD-Audio. Condition: New. Language: English . Brand New. Self-Love: Your Greatest Guide on the Path to Healthy WeightThe secret to sustainable weight loss isn't counting calories or depriving yourself at the dinner table. Jean Fain tells us it's about cultivating awareness and self-acceptance wherever you are. With The Self-Compassion Diet, this Harvard Medical School affiliated psychotherapist prescribes a practical program for transforming the way you think and feel about food and your whole self a shift that, paradoxically, inspires physical change. Combining loving-kindness, self-hypnosis, and other winning weight-loss strategies, The Self Compassion Diet is available in two complementary formats to help you naturally progress toward genuine self-acceptance and a healthy, sustainable weight. With more than 30 different tools including quizzes, breathing exercises, and visualizations, the book explores four powerful weight-loss methods. The audio edition guides you through 11 key practices described in the book. Used together, this powerful combination can speed learning and boost success. Additional topics include: How to appreciate the everyday activity of eating, and learn to trust your body's signals that it's nourishedGradual change a guided visualization for developing mindful eating habitsA meditation for getting to know...



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"THE SELF-COMPASSION DIET is full of practical wisdom about how to set yourself up for eating and weight loss success using guided visualization, meditation, positive self-talk, cognitive restructuring, writing and journal exercises. Fain sprinkles quizzes throughout the book, teaches with cases studies from her decades of counseling troubled eaters, and provides page after page of exercises which will help disregulated eaters learn to expand their thinking in order to improve their eating." "Certainly not your typical diet book, The Self-Compassion Diet proves that loving kindness to yourself is more effective than any diet food or miracle diet - you'll lose weight all while gaining respect and love for yourself." - Michele Borboa, MS, sheknows.com, January 28, 2011. Self-Love: Your Greatest Guide on the Path to Healthy Weight The secret to sustainable weight loss isn't counting calories or depriving yourself at the dinner table. Jean Fain tells us it's about cultivating awareness and self-acceptance wherever you are. With The Self-Compassion Diet, this Harvard Medical School affiliated psychotherapist prescribes a practical program for transforming the way you think and feel about food and your whole self a shift that, paradoxically, inspires physical change. The Self-Compassion Diet book and audio offer a treasury of heart-opening mind-body teachings and practices for improving the way you live, breathe, and eat. Product Identifiers. Publisher. The Self-Compassion Diet. Guided Practices to Lose Weight with Loving-Kindness. By: Jean Fain LICSW. Narrated by: Jean Fain. Length: 1 hr and 55 mins. Categories: Health & Wellness, Fitness, Diet & Nutrition. 3.5 out of 5 stars 3.5 (24 ratings). Add to Cart failed. The Mindful Path to Self-Compassion. Freeing Yourself from Destructive Thoughts and Emotions. By: Christopher K. Germer. Narrated by: Stephen R. Thorne. Length: 8 hrs and 43 mins. Unabridged. Overall. The Self-Compassion Diet by Jean Fain blends Eastern meditative techniques and Western psychology for a gentle, comprehensive approach to weight loss. These techniques will help people of any weight to be calmer and happier with their lives. DEIRDRE BARRETT, author Supernormal Stimuli "Compassionate Advisor: A Guided Visualization. Compassionate Note to Self: A Writing Exercise. If you want to lose weight and regain more, traditional diets reliably deliver. You deserve more" a more harmonious relationship with food, a more sustainable weight-loss strategy. Given all the weight-loss plans you have under your belt or elasticized waistband, these less-traveled psychotherapeutic routes I am about to describe may sound more like dead ends. The Self-Compassion Diet is available in two complementary formats. The book explains the theory and practice of how to lose weight with loving-kindness. The audio program guides listeners through 11 practices described in the book. You can read the book, listen to the audio companion, or if you want to speed learning and boost success, you can do both. Just not at the same time. You can, however, buy both at once at an actual or virtual bookstore (Amazon, Barnes & Noble, Borders).