



# **Eat What You Love, Love What You Eat: How to Break Your Eat-Repent-Repeat Cycle**

*Michelle May M.D.*

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# Eat What You Love, Love What You Eat: How to Break Your Eat-Repent-Repeat Cycle

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**Eat What You Love, Love What You Eat: How to Break Your Eat-Repent-Repeat Cycle** Michelle May M.D.

Do you regularly deprive yourself, succumb to temptation, feel guilty, and then start the process all over again? If so, you need this book. Dr. Michelle May will guide you out of the food-focused, diet-driven downward spiral that leads you to eat, repent, and repeat. She offers a powerful alternative: end your love-hate relationship with food and start eating mindfully and joyfully.

No more rigid rules, strict exercise regimens, questionable drugs, or food substitutes. This book will soon have you eating the foods you love without fear, without guilt, and without bingeing. Create the healthy, energetic, and vibrant life you deserve.

Called "the antidote to ineffective dieting," *Eat What You Love, Love What You Eat* is a rare prescription for optimal health of the body, mind, heart, and spirit. After twenty years of yo-yo dieting, physician Michelle May discovered a peaceful, joyful relationship with food. Now Dr. May will show you how to resolve mindless and emotional eating and break free from your eat-repent-repeat cycle.

With uncommon sense and a powerful mind-body approach to healthy living, Dr. May helps you rediscover when, what, and how much to eat without restrictive rules. You'll learn the truth about nutrition and how to stop using exercise to earn the right to eat. You'll finally experience the pleasure of eating the foods you love--without guilt or bingeing.

In down-to-earth language that conveys her compassion for people who are sick of overeating and dieting, Dr. May offers you unconventional strategies for eating fearlessly and mindfully. With your new, powerful patterns of thinking, you'll live the balanced, vibrant life you crave.

*Eat What You Love, Love What You Eat* received seven awards for publishing including Best Health Book, Best Body-Mind-Spirit Book, Best Nutrition Book, and Best Self-Help Book. TIME.com called *Eat What You Love, Love What You Eat* one of the Top 10 Notable New Diet Books for 2010 (though Dr. May insists that it is actually a how-NOT-to-diet book).

Looking for *Am I Hungry? What to Do When Diets Don't Work?*? We are sorry but that book is now out of print and has been replaced by this greatly revised, updated, and expanded version, *Eat What You Love, Love What You Eat: How to Break Your Eat-Repent-Repeat Cycle*. While *Eat What You Love, Love What You Eat* is based on the same key concepts to guide readers out of yo-yo dieting, it also includes new tools and strategies, new chapters and topics (including head hunger, emotional eating, fearless eating, mindful eating, and mindful movement), personal stories from Dr. May and her patients, dozens of recipes from Dr. May's husband, Chef Owen, and much more.

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Playing with family within a park, coming to see the water world or hanging out with friends is thing that usually you will have done when you have spare time, subsequently why you don't try thing that really opposite from that. A single activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love Eat What You Love, Love What You Eat: How to Break Your Eat-Repent-Repeat Cycle, you may enjoy both. It is great combination right, you still desire to miss it? What kind of hangout type is it? Oh can happen its mind hangout fellas. What? Still don't obtain it, oh come on its called reading friends.

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Are you kind of occupied person, only have 10 or 15 minute in your day to upgrading your mind skill or thinking skill perhaps analytical thinking? Then you are receiving problem with the book as compared to can satisfy your short space of time to read it because pretty much everything time you only find book that need more time to be examine. Eat What You Love, Love What You Eat: How to Break Your Eat-Repent-Repeat Cycle can be your answer given it can be read by anyone who have those short free time problems.

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