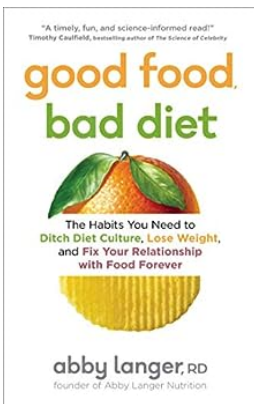


The 7 Habits You Need To Ditch From Diet Culture to Effortlessly Lose Weight And Fix Your Relationship

Are you tired of constantly being bombarded by unrealistic body standards? Do you feel trapped in the vicious cycle of dieting and feeling guilty about what you eat? It's time to break free from the toxic diet culture and establish a healthy relationship with your body and food. In this article, we will discuss the seven habits you need to ditch, enabling you to lose weight effortlessly and mend your relationship with yourself.

1. Strict Calorie Counting

Counting calories may seem like an effective way to manage your weight, but it often leads to an unhealthy obsession with food. Instead of focusing on numbers, listen to your body's natural hunger cues and eat when you're hungry. By nourishing your body with wholesome foods, you will naturally find the right balance.



Good Food, Bad Diet: The Habits You Need to Ditch Diet Culture, Lose Weight, and Fix Your Relationship with Food Forever

by Abby Langer (Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English

File size : 3655 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

X-Ray : Enabled

Word Wise : Enabled

Print length : 254 pages



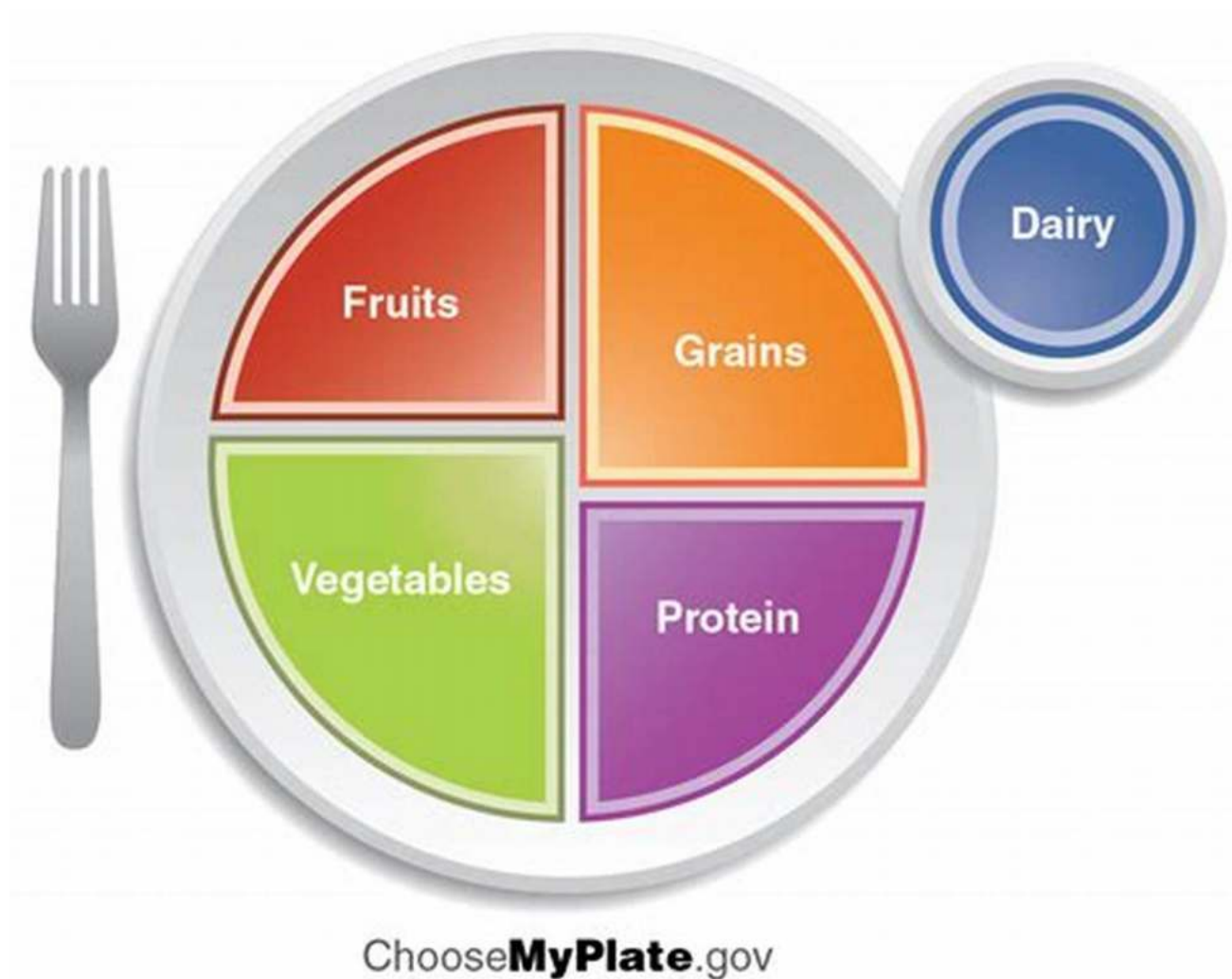
2. Excessive Exercise Regimens

While exercise is beneficial, pushing your body to extreme limits can lead to burnout and injuries. Instead of engaging in grueling workouts, find activities that you genuinely enjoy. Whether it's dancing, hiking, or swimming, choose activities that make you feel good. Remember, it's about celebrating what your body can do, not punishing it.



3. Eliminating Entire Food Groups

Restrictive diets that eliminate entire food groups are not sustainable in the long run. Instead, focus on incorporating a variety of nutrient-dense foods into your diet. Listen to your body's cravings and allow yourself to indulge occasionally. By having a balanced approach, you will establish a healthier relationship with food.



4. Rigid Meal Plans

While meal planning can be helpful, rigid meal plans often lead to feelings of deprivation and failure. Instead, focus on intuitive eating. Listen to your body's hunger and fullness cues and eat accordingly. Trust that your body knows what it needs. Allow yourself flexibility and freedom in making food choices.



5. Negative Self-Talk

Constantly criticizing your body and engaging in negative self-talk will only hinder your progress. Instead, practice self-compassion and acceptance. Treat yourself with kindness and respect, embracing your body at every stage. Remember, your worth is not determined by your appearance.



6. Comparing Yourself to Others

In the age of social media, it's easy to fall into the trap of comparing yourself to others. Remember, everyone's journey is unique, and what works for someone else may not work for you. Focus on your own progress and celebrate your wins, no matter how small they may seem.



7. Seeking Quick Fixes

The diet industry often promotes quick fixes and miracle solutions, but they rarely deliver sustainable results. Instead of searching for instant gratification, focus on long-term lifestyle changes. Slow and steady progress is more likely to lead to lasting success and a healthier relationship with your body.



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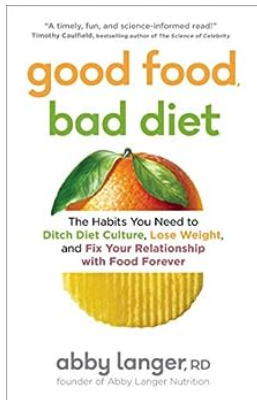
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Breaking free from diet culture is a journey that requires patience, self-compassion, and a commitment to change. By ditching these seven habits, you can begin to embrace a healthier approach to weight loss and mend your relationship with both your body and food.

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In this science-based book, registered dietitian Abby Langer tackles head-on the negative effects of diet culture and offers advice to help you enjoy food and lose weight without guilt or shame.

There are so many diets out there, but what if you want to eat well and lose weight without dieting, counting, or restricting? What if you want to love your body, not punish it? Registered dietitian Abby Langer is here to help.

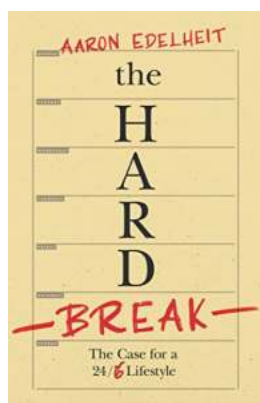
In her first-ever book, Abby takes on our obsession with being thin and the diets that are sucking the life, sometimes literally, out of us. For the past twenty years, she has worked with clients from all walks of life to free them from restrictive diets and help them heal their relationship with food. Because all food is good for us—yes, even carbs and fats. All diets are bad.

Diets are like Band-Aids for what's really bothering us: Although we might lose weight, they prey on our insecurities, rob us of time and money, and often leave us with the same negative views of food and our bodies that we've always had.

When the weight comes back, we still haven't solved the real issues behind our eating habits—our “why.”

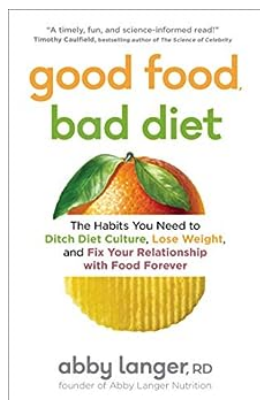
This book is different. Chapter by chapter, Abby helps readers uncover the “why” behind their desire to lose weight and their relationship with food, and make lasting, meaningful change to the way they see food, nutrition, themselves, and the world around them. In this book, you'll learn how guilt and shame affect your food choices, how fullness and satisfaction aren't the same feeling, why it's important to quiet your “diet voice” and enjoy food, and what the best way to eat is according to science.

Empowering, inclusive, smart, and a must-have, Good Food, Bad Diet will give you the tools to reject diets, repair your relationship with food, and lose weight so you can move on with your life.



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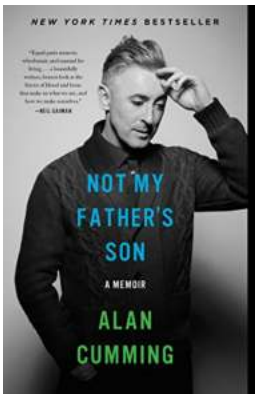
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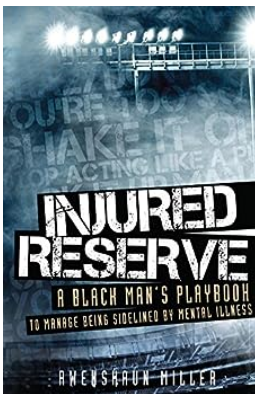
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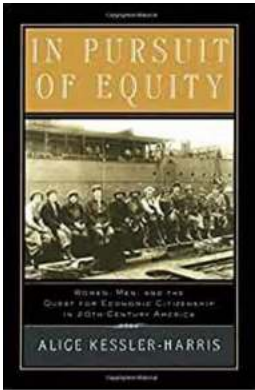
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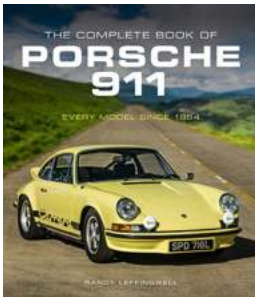
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