Introduction – Guidelines to help you use this book

According to Susie Orbach's groundbreaking revolutionary non diet book, Fat is A Feminist Issue, she says that

Fat is not about food.
Fat is about protection, sex, mothering, strength, assertion and love.
Fat is a response to the way you are seen by your husband, your mother, your boss, and yourself.

She’s right and there's one other thing that she neglected to mention.

You don’t have to be overweight to think of yourself as fat.

But it helps.

According to Susie, she says, that, “you can change that response by learning the difference between "mouth hunger" and "stomach hunger."

First I want to tell you that this is not a diet manual. Please don’t expect to read this book and lose 10 pounds in 14 days. Although one of my clients had that experience, I can’t and won’t make that promise.

What I will promise you is that your life will change. All the little things that you’ve been tolerating and putting up with in your world will be a thing of the past.

You will gain unstoppable confidence and a sense of loving yourself and your body that no diet could ever give you. You will gain an ability to express yourself from your heart and a new way of learning how to treat yourself gently and respectfully like the princess you are. You will begin to do the things that make your heart sing.

This book will guide you to take the gentle journey to healing your hungry heart.

Please remember that this is not a diet book and I make no promise that you will lose weight from just reading this book, you have to use the techniques.

Your ultimate ability to lose weight without dieting by using this program is entirely up to you. It is dependent upon what you want and how willing you are to let go of some of your old disempowering beliefs that you still have about yourself. You will learn more about how specifically your thoughts are making
you fat by reading Chapter 4 of this book that unveils the Mind/Body connection which explains why you haven’t been able to succeed at dieting yet.

As Susie Orbach mentions, fat has little to do with calories or fat grams, exercise or scales. That is all just a familiar distraction that has kept you from looking at the parts of your life that are still empty, yearning to be filled.

In Chapter 2, you’ll learn how to look beyond what you’re eating and discover what is really eating you!

The fat that this book promises to help you to deal with is the fat between your ears, the fat in your thoughts and the fat in your head. Please realize that I don’t mean this literally. It’s a fact that the beliefs that you hold in your heart about who you are what you are capable of are the result of distorted perceptions about life.

It’s been demonstrated by research that the majority of us talk to ourselves over 50,000 times a day and most of that self talk is about ourselves and according to Jack Canfield’s book, The Success Principles, most of our self talk is negative. In fact, more likely as you’re reading this, you’re asking yourself, is that true?

You see what I mean? That is evidence that you do talk to yourself.

As a woman who is struggling with your weight, my guess is that much of your self talk is very critical and hurtful, perhaps even scathing. In Chapter 6 of this book, I’ll teach you how to tame that inner critic and silence those screaming meanies so that your self talk will guide you along and support you on the road to reclaiming your life one baby step at a time.

Let me be very clear and say up front that there is nothing wrong with being overweight. It doesn’t mean that you’re fat, or lazy or even lack motivation. Contrary to what you’ve been led to believe by others, that’s just not true. You’re perfect in every way as you are right now. If you are truly happy with your body and at peace in your heart with your life, then you have already achieved what this book promises.

If however, your heart is filled with yearning and you know that you haven’t even tapped your potential because you are filled with fear and frustration, then this book is for you.

For the purposes of this writing, I’d like to consider food as a metaphor for your life. It is said that the way that you treat food, is the way that you treat everything. If you are suffering from a low self esteem and negative body image, it’s a strong possibility that you have a dysfunctional relationship around food. This book will help you to reclaim your power over food once and for all.
Susie Orbach was a thought leader and pioneer during the time of the women’s movement in 1978. When she wrote her book, Fat Is a Feminist Issue, her non diet approach to eating changed many women’s lives by shaking them up and telling them to ditch the diets.

If you are a woman struggling with emotional eating, I wholeheartedly encourage you to take the leap of faith and embrace this gentle approach to eating. I guarantee that the awareness that you gain about your innate ability to control yourself around food and trust your body will give you a glimpse into seeing the amazing woman you truly are.

In Chapter 3, I’ll explain the principles of this non diet process called Intuitive Eating. Intuitive Eating is a permission based approach to welcoming back all foods and learning how to trust your body by eating mindfully and developing an awareness of your body’s natural signals of hunger and fullness. This approach to eating intuitively is used in many well respected private clinics and therapeutic settings designed to treat eating addictions.

Throughout this book, I will weave parts of my story and my personal experience so that you can learn the lessons of what my life experience and extensive professional training has to offer.

As a Certified Energy Coach and Master Practitioner of Neuro Linguistic Programming and Ericksonian Hypnosis, I will teach you how to change your thoughts and have more choices by changing the way that you look at yourself and your experience.

In Chapter 2, I will teach you a method called Emotional Freedom Technique or EFT, also called Emotional Acupuncture without the ouch of needles. As a woman who is a sexual abuse survivor, I credit this simple, humble and silly looking little process with doing for me what 18 years of therapy failed to do. I’ll teach you how to use this method to eliminate any pain or stress in your life.

Most of all this book is intended to give you the much needed relief that you deserve after a long and painful search of wading through years dieting and self hatred. There is a light at the end of the tunnel. I’m offering you a reason to hope again. The way out is through. This book teaches you a set of valuable skills that will empower your life and help you to reclaim dominion over food and your body.

You'll never have to diet again because diets don’t work. In Chapter 1, I share medical evidence finally confirming what you probably already knew to be true in your heart.

Peppered throughout this book, you’ll read stories about my clients demonstrating how these techniques have worked for them. Some of the women are graduates of my Losing Weight without Dieting Program, others have learned
strategies by participating in my free weekly Juicy Woman Fabulous, Fit and Free Call or my Yahoo forum. Some are devoted readers of The Juicy Woman blog.

Overall sprinkled throughout this entire book, I will guide you to think differently about yourself and your experience. This is called Reframing and is one of many processes that I teach and use as a Master Practitioner of Neuro Linguistic Programming. This process of Reframing will tilt the axis on your old diet mentality and change your black and white thinking leading you to embrace more possibilities than you ever dreamed possible.

Lastly I give you the gift of choice. After you read this book, you will know that although you were unable to make choices and lead the way when you were younger, now you can. No matter what adversity, pain or disappointment that you have suffered that has led you to disown parts of yourself, you can seize the day and begin anew.

Your body, your life, your happiness and your healing is literally waiting at your fingertips. Let me guide you and I’ll lead you to squeeze more life out of your living than you ever dreamt possible.