



Eat What You Love, Love What You Eat: A Mindful Eating Program to Break Your Eat-Repent-Repeat Cycle

By Michelle May

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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: stop being afraid of food and start eating mindfully and joyfully.

No more rigid rules, strict exercise regimens, questionable drugs, or food substitutes. Dr. May created the Mindful Eating Cycle to clarify and simplify the essential steps that 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 desire.

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 We are sorry but that book is now out of print and has been replaced by the greatly revised, updated, and expanded new version, *Eat What You Love, Love What*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 exercise), personal stories from Dr. May and her patients, dozens of recipes from Dr. May's husband, Chef Owen, and much more.

Praise for *Eat What You Love, Love What You Eat*:

"There is much wisdom embedded in this eminently practical book. *Eat What You Love, Love What You Eat* is a valuable guide for those seeking freedom from struggles with food and dieting."

--**Anita Johnston**, PhD, author of *Eating in the Light of the Moon*, director of 'Ai Pono Eating Disorders Programs

"Throw away all your diet books and replace them with Dr. Michelle May's *Eat What You Love, Love What You Eat*--it is fabulous, comprehensive, and the last book most dieters will ever need to break free of their dieting cycle."

--**Kathleen Zelman**, MPH, RD

"*Eat What You Love, Love What You Eat* gives the recipe for joyous and healthy eating."

--**Joe Scherger**, MD, vice president for Primary Care, Eisenhower Medical Center; clinical professor of family medicine, University of California, San Diego

"An increasing number of experts have gotten on the non-diet bandwagon. Dr. May has taken it to a whole new level by creating a simple and compelling mind-heart-body approach that brings pleasure back to eating."

--**Margaret Moore** (Coach Meg), founder and CEO, Wellcoaches Corporation

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Editorial Review

Review

AWARDS

- TIME.com: Top Ten Notable New Diet Books 2010
- 2010 Nautilus Gold Award (Food/Cooking/Nutrition)
- USA Book News: Best Health Book
- Glyph Awards: Best Health/Wellness/Nutrition
- Living Now 2010 Silver Medal Award for Nutrition
- ForeWord Book of the Year: Gold (Body/Mind/Spirit)
- ForeWord Book of the Year: Bronze (Self-Help)
- Benjamin Franklin Award: Best Self-Help --
- Living Now 2010: Silver Medal Award (Nutrition)

About the Author

Michelle May MD, founder of the award winning Am I Hungry? Mindful Eating Programs and Training, is a physician and recovered yo-yo dieter who shares deep insights and a compassionate, constructive approach to living a vibrant, healthy life. Her authenticity and passion for mindful eating stems from her own personal struggle with food and body image. After years of ineffective yo-yo dieting, she developed a mindful, non-diet approach to food, movement, and self-care.

Michelle developed the Mindful Eating Cycle, a structured approach to learning myriad skills and strategies for managing your eating with restriction or deprivation. She founded Am I Hungry? Mindful Eating Programs and Training in 1999 to share this compassionate, constructive and life-changing approach. Am I Hungry? Mindful Eating Programs are available through hundreds of licensed Am I Hungry? facilitators, coaches, and therapists worldwide through workshops, webinars, coaching, retreats and workplace wellness programs.

Michelle May MD is also the author of *Eat What You Love, Love What You Eat with Diabetes: A Mindful Eating Program for Thriving with Prediabetes or Diabetes*, *Eat What You Love, Love What You Eat for Binge Eating: A Mindful Eating Program for Healing Your Relationship with Food and Your Body*, and *Eat What You Love, Love What You Eat for Students: A Mindful Eating Program to Fuel the Life You Crave*.

She was a family physician with sixteen years of clinical experience. She earned her Bachelor's degree in Psychology from Arizona State University and her Medical Degree from the University of Arizona College of Medicine. Dr. May served as President of the Arizona Academy of Family Physicians and the Chairperson for the Americans in Motion wellness initiative for the 93,000-member American Academy of Family Physicians (AAFP) and served on the AAFP Commission on the Health of the Public and Science.

Michelle must practice what she preaches in order to balance her personal and professional life while maintaining her vibrant lifestyle. She enjoys hiking near her home in Phoenix, Arizona and she is a certified yoga instructor. Michelle cherishes her relationships with her two grown children, Tyler and Elyse. She and her husband, Owen, a professional chef, share a passion for gourmet and healthful cooking, recipe development, wine tasting, and traveling.

Users Review

From reader reviews:

Mary Clark:

Exactly why? Because this Eat What You Love, Love What You Eat: A Mindful Eating Program to Break Your Eat-Repent-Repeat Cycle is an unordinary book that the inside of the book waiting for you to snap it but latter it will surprise you with the secret the item inside. Reading this book alongside it was fantastic author who all write the book in such incredible way makes the content within easier to understand, entertaining means but still convey the meaning completely. So , it is good for you because of not hesitating having this any longer or you going to regret it. This phenomenal book will give you a lot of advantages than the other book possess such as help improving your expertise and your critical thinking approach. So , still want to hold up having that book? If I were you I will go to the reserve store hurriedly.

Christopher Mills:

In this period of time globalization it is important to someone to find information. The information will make anyone to understand the condition of the world. The health of the world makes the information better to share. You can find a lot of sources to get information example: internet, classifieds, book, and soon. You can view that now, a lot of publisher that will print many kinds of book. Often the book that recommended to you is Eat What You Love, Love What You Eat: A Mindful Eating Program to Break Your Eat-Repent-Repeat Cycle this reserve consist a lot of the information on the condition of this world now. This book was represented how can the world has grown up. The words styles that writer use to explain it is easy to understand. The particular writer made some investigation when he makes this book. This is why this book ideal all of you.

James Soltero:

Beside that Eat What You Love, Love What You Eat: A Mindful Eating Program to Break Your Eat-Repent-Repeat Cycle in your phone, it can give you a way to get more close to the new knowledge or info. The information and the knowledge you are going to got here is fresh in the oven so don't always be worry if you feel like an older people live in narrow community. It is good thing to have Eat What You Love, Love What You Eat: A Mindful Eating Program to Break Your Eat-Repent-Repeat Cycle because this book offers to you personally readable information. Do you occasionally have book but you would not get what it's exactly about. Oh come on, that will not end up to happen if you have this inside your hand. The Enjoyable option here cannot be questionable, just like treasuring beautiful island. So do you still want to miss the item? Find this book along with read it from right now!

Margaret Holt:

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