

EATING LESS: SAY GOODBYE TO OVEREATING BY GILLIAN RILEY

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'A lot of nonsense is spouted on this subject; Gillian Riley is a writer who always makes sense.' *Nigella Lawson*

GILLIAN RILEY

From the bestselling author of
HOW TO STOP SMOKING & STAY STOPPED FOR GOOD

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Eating Less: Say Goodbye To Overeating By Gillian Riley. Negotiating with checking out behavior is no demand. Reading Eating Less: Say Goodbye To Overeating By Gillian Riley is not type of something sold that you could take or otherwise. It is a thing that will certainly transform your life to life a lot better. It is the important things that will certainly provide you numerous things all over the world and also this cosmos, in the real world and below after. As what will be offered by this Eating Less: Say Goodbye To Overeating By Gillian Riley, exactly how can you haggle with the important things that has numerous benefits for you?

Review

"Gillian's technique is intelligent and well thought through...I can sense the shift in my thought process" Daily Telegraph "I am eating healthier food and less of it. What I like the most is the idea of never going on a diet again." The Independent "Excellent marriage guidance counselling for those with a difficult relationship with food" -- Patrick Holford, founder of the Institute for Optimum Nutrition "Eating Less is likely to succeed where diet books fall. The utter simplicity of its message and techniques makes it easy to start and continue with a programme that revolutionises your attitude to eating and weight." -- Sarah Litvinoff "Gillian Riley's approach is clear, simple and powerful...Simply the best" -- Leslie Kenton

About the Author

A former smoker and overeater, Gillian Riley has been teaching her successful techniques for stopping smoking and eating less since 1982. Her work has at its focus the thinking that drives addictive behaviour and the practical techniques needed to achieve control. A highly articulate teacher, she brings to her seminars and personal counselling a practical approach which confronts the psychological barriers that make the difference between failure and success in the long term. Gillian lives in Leicestershire and leads weekend seminars in London on taking control of overeating. She also offers telephone and Skype counselling for smokers wanting support with her approach. She is the author of Eating Less and Willpower! Visit Gillian's website: www.eatingless.com

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As anyone who has ever been on a diet knows, they simply don't work. No one can diet indefinitely and, once you stop, the weight simply piles back on. Eating Less is not about dieting; instead, it places the emphasis where it belongs, on healthy eating and eating less. This revised and updated edition offers you a unique and inspiring solution to overeating: its aim is to look at thoughts and beliefs about food, unravel the mind's addictive impulses, and retrain it to have a more healthy, balanced relationship with food. It introduces you to practical techniques that you can apply in your daily life; it shows you how to set your own limits without feeling deprived and becoming rebellious; and it gives you the ability to develop greater control by helping you to overcome addictive behaviour. So simply follow Eating Less and see your weight fall off and stay off. 'Eating Less is likely to succeed where diet books fail. The utter simplicity of its message and techniques makes it easy to start and continue with a programme that revolutionises your attitude to eating and weight.' Sarah Litvinoff

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Most helpful customer reviews

4 of 4 people found the following review helpful.

Quite a Revelation

By Whimsy Girl

Once I started reading this book, I couldn't stop. For me, the book was revelatory. I'm 50 and for years have been battling self-image issues. I don't know whether I'm overweight or not; I stopped looking at a scale in my early 20s. I do know I was smaller in my 20s than I am now. I sought counseling back then and was diagnosed with anorexia, but, trust me, I was that on the inside, maybe, but not on the outside.

Anyway, since then, I've done my best to exercise regularly and eat pretty healthily, as well as deal with all the emotional stuff going on in my head. And this book has really given me some insights that I never considered. I guess the biggest one for me is considering the role of the culture around me--that I'm not inherently a flawed and defective person just because I wear a larger size than I did in my 20s. If I think about it, I realize I was probably "addicted" to food since I was a child, associating halloween and candy, Valentine's Day and chocolate, Easter and candy, desserts after meals, popcorn with movies, etc. It's sad, yet funny, if you think about it. Most of the food commercials on TV are for the very things that aren't healthy in large quantities. You never see advertisers promoting celery, eggplant, sweet potatoes, and spinach. Anyway, the enlightenment I've gained is huge, and I am already thinking about food and self-esteem in a new way.

6 of 7 people found the following review helpful.

It's brilliant. And effective.

By allaboutthedogs

I have a master's in addiction studies and a well stocked home library on overeating, food addiction, recovery from same, etc. This little gem of a book had me underlining, making margin notes, intentionally reading small bits at a time to better absorb it, and quoting it to others. I can't find the page, but here's my favorite take-away, paraphrased: "telling someone obese that they need to lose weight is like telling a smoker that they've got to stop coughing." Riley tells us that excess weight is not our problem, it is one of several symptoms of our problem: disordered eating. Obvious in one sense, but a remarkable number of people and helping professionals get permanently side-tracked on that one issue, taking a loooonngg detour into unproductive territory. Once we eat in a sane, intentional manner (mostly, not perfectly every moment of every) -- a challenge we are all capable of meeting if we work toward it diligently over time -- our health and self-esteem will be vastly improved. This is not a book about how to lose weight. It is a book about how to change your eating behavior to reap huge rewards, emotionally and physically; how to embrace the choices you have and connect the dots that link choices and consequences; how to outsmart your addictive desire to eat. It's brilliant.

4 of 4 people found the following review helpful.

Fantastic.

By Jennifer Creed

As a sufferer of eating disorders for many many years, this book has helped me to begin to move forward and break the hold that food and overeating has on me. Still a long way to go, but doing better for sure! But recovering from an ED is not an overnight thing is it??

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