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# How To Have Your Cake And Your Skinny Jeans Too: Stop Binge Eating, Overeating And Dieting For Good Get The Naturally Thin Body You Crave From The Inside Out (Binge Eating Solution Book 1)





## Synopsis

YOU ABSOLUTELY CAN STOP BINGE EATING (OR FEELING OUT OF CONTROL WITH FOOD) AND BE THIN! You are about to finally uncover the single reason why you've been experiencing such an uphill battle with food and your weight. And far more importantly...I am going to teach you the skills you need to win the food fight once and for all--without dieting. If you're looking for a real, proven, step-by-step solution to stop overeating and binge eating for good--so you can finally get thin and get on with your amazing life--then this book is for you. Is food your best friend--and your worst enemy? Are you stuck in a relentless tug-of-war between wanting (desperately) to lose weight, and the out-of-control urge to eat? Does your firm morning resolve to "be good" with food consistently crumble into a night of takeout on the couch, watching TV with Ben & Jerry? Do you love food, but at the same time, part of you hates it with a passion, and would be perfectly happy if you never ate again--if it just meant you could finally be thin? Let me come right out and say it. It's not you! There are clear-cut, solvable reasons why your eating currently feels frustrating and at times painfully out of control. You've simply been trying to solve the problem (excess weight and overeating) with a solution (dieting and exercise) that does nothing to resolve the real reasons you feel so out of control with food. The problem is not your lack of nutritional knowledge. Knowing how many calories (or carbs!) are in a thick, fudgy brownie does absolutely nothing to equip you with the skills to stop binge eating it after a long, hard day at work. Are you going to scream if another weight loss book tells you to "take a bath" instead of binge eating? Overeating and binge eating are learned behavioral patterns that can be eradicated once you learn a few simple--actionable--psychological skills. And NOT the type of "fluff psychology" you find in most emotional eating books that advise you to "take a walk," "read a book," or "take a warm bath" when you feel the urge to overeat. Really? That advice is absolutely useless. (And maddening!) As if when you're in that pre-binge frenzy, parked outside the mini-mart tearing into a bag of chips and a box of donuts, you're going to hear that advice and say, "Wow, why didn't I think of that? I'll put down these salty, grease glistening chips and thick, chocolate frosted donuts and head home to read Pride and Prejudice." Not so much. The solution to binge eating and overeating is found in step-by-step, research based, learn-able skills that prevent and eliminate overeating on the spot. The skills (you'll be happy to know) do not include deprivation or willpower. Since willpower and deprivation don't actually work. I mean, if they did work to yield lasting weight loss we wouldn't be having this conversation right now. Right? Find out exactly why your best weight loss efforts have failed in the past--and more importantly, exactly what you can do to change it. Today. Learn how to eliminate the single

behavior that 70 years of scientific research proves causes overeating, binge eating, and feeling out of control with food. Uncover the secret to being able to keep any food in your house--without it calling your name. Discover the two keys that make it a cinch to stop eating any food when you've had enough (even chocolate cake or a cheeseburger!). How to Have Your Cake and Your Skinny Jeans Too is Josie at her best--sharing her remarkable insights, her warm, disarming signature wit, and her research-based Hunger Directed Eating techniques that result in quick and lasting change. This is the first book in a groundbreaking series. Join the women and men around the world who are finally enjoying peace and ease with food. Get ready, this book will change your life.

## Book Information

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## Customer Reviews

Update March 30, 2015: I wrote more in the comments on this post but I wanted to say this book has really, really helped me. The principles do work and even if you want to forget them they stay in your mind just waiting. This book is a relief. Update June 7, 2017: I've lost another 3 pounds today and I just finished some fried chicken. I've never stuck with anything this long but not only does this

way of approaching food and lifestyle work for me in the form of weight loss, it has brought me tremendous freedom and comfort in my feelings about food and myself. The main purpose of the book is to enable a person to have a sane approach to food and eating. Food is not the enemy, you are not the enemy, but I have learned sadly that dieting behavior of any kind is my enemy and will thwart any efforts to apply the principles of this book successfully. I wrote a little more about that in the comments.

Original Review: There are many rave reviews here and they inspired me to get the book, but I do note that so many of them don't seem to be written after the reviewer has spent a long time with the new way of eating. After reading so many diet books and so many reviews of diets (so...many...), and after raving to my friends and family about this new diet or that new diet, I'm feeling awfully gunshy. I've been trying to implement the guidelines in this book for about 9 days or so, I've lost three pounds and finding this extremely easy...but it's still very new. So what I want to do is mention a few of the things that I find very valuable about this book that have changed my entire perspective about eating (regardless of how much weight I lose), and I will also try to keep this review updated from time to time. I just really needed to hunker down and find a way to eat that I could live for the rest of my life. That's all I wanted. I've had weight loss surgery, I have done many different diets, I have worked out a ton (and enjoyed it even when it didn't help me lose weight on the scale). I have been committed to fasting, I have been committed to low carb. I monitor everything I eat and weighed myself every day for years, keeping a nice running chart. I weigh my food. I track everything in myfitnesspal. But most of the time, even when I was doing any or all of those things, I failed a lot. Like, super-failed. I couldn't even stick to any diet for more than about a month and I'd struggle the whole month. I just kept jumping from diet to diet. So while I tracked my food every day, I was still tracking lots of binges. And while I weighed myself every day, it was always just a fight not to regain or to lose the regain. I gave up on actually becoming thinner. I just wanted to find a way to eat that I could live with and not gain 50 pounds, which for me meant not restricting any kind of food for "external" reasons. I couldn't make my food choices based on what other people thought was best because it would never, ever last. I just...wanted a way to eat that would allow pizza to be my favorite food. Fatty, cheesy pizza with meat and thick crust. My nutritionist tried to help me stop with this "rebellious" eating but it really had to be my way. I just had to find my way. This book has really opened my eyes and I will always appreciate my body more because of the things I learned with the help of this book. One of the first mind-blowing things I learned: having a slow metabolism is not a bad thing. If your metabolism is "slow" that also tends to mean you're not as hungry as others. This shocked me because having a "slow" or "low" metabolism is the bane of the dieting world and there is so much advice aimed at keeping your

metabolism running high. Eat every three hours. Eat breakfast within 30 minutes of waking. Don't eat at night. Eat this precise balance of ratios at every meal. Eat this or that metabolism-boosting food, but definitely not this or that metabolism-killer. And so on. Never before had I personally encountered the idea that having a slow metabolism could actually work to my benefit. I have always been kind of low-energy, the kid that can read for hours but gets exhausted at the thought of climbing a tree (not even doing it, just the thought). I've never liked eating breakfast. I could go hours and hours before desiring anything at all, in fact, forcing myself to eat first thing makes me sick. I know my metabolism is slow. And I knew that my problem was overeating because I didn't feel good, I didn't feel comfortable after eating "that extra bit", I just felt worse. And I knew that overeating is what killed the many diets I tried. Overeating and feeling like I had to fight my stubborn body. But what if I stopped fighting completely and just paid attention to how I actually felt? Not how other people feel, not how other people eat. Ok, sounds great. But the binging. Oh God the binging. The week before I read this book, I had a day where I ate a 14 inch pizza, plus a "pizza for one", plus 8 deep fried brownie bites, plus a regular brownie for good measure, and some popcorn chicken too. And I forced myself to have a big bowl of "healthy" cereal for breakfast. I know because I never stopped tracking, not even that other day where literally all I ate was a giant bag of animal crackers when I was supposed to be "fasting". How in the world was I going to stop "eating the world" like that? Just how? And don't just tell me "only eat when you're hungry" (thankfully, Josie doesn't). And don't just tell me "listen to your body" either because what does that even mean? My body says it wants lots of brownies every day, I was certain of it. Nope. I can tell you that this week I had two hot fudgy brownies in my home and I said "eh" and left them alone. I had pizza and I saved most of it for the next day. How? Thankfully, the book is full-to-bursting of strategies and principles that help you figure out what "hunger-directed eating" means for you. You can try to implement all of them at once or you can just start working on a few at a time and see what happens. Like, did you know the reason food stops tasting as good as the first bite is because your body is letting you know it's pretty satisfied? I didn't know. I tested this. I found this to be true. Instant epiphany, because now I don't have to feel like I'm missing out if I stop eating. I'm totally not missing out when the food's not delicious anymore. If the second chocolate bar is nowhere near as good as the first, what's the point? The book is full of info like this and all kinds of things to test and try for yourself and in the process, you're training yourself to recognize what's going on inside your own body. So I'll keep going, even though I'm still certain it must fall apart because this is kind of ridiculously easy and nothing is easy...right?

I loved this book. I discovered intuitive eating about six years ago and did really well with it for a couple of years but then fell back into the diet trap. This book offers such good insight and I love her wit. I also really like that this book says that it's okay to want to be thin because so many books like this try to tell you to accept your body the way it is. I look forward to continuing on my journey and I'm confident with her tactics I can be successful. UPDATE: I thought I would add some to my story to try and help others. A lot of the reviews about this book talk about how fantastic it is and how quickly they were able to jump into hunger directed eating and they just started eating really healthy all the time because they wanted to. For me it was not that fast and simple. Don't get me wrong, this is an excellent book and one I highly recommend for anyone struggling with dieting. Before finding the book I had lost about 50 lbs. over the course of two years with a series of different diets and was at what was supposed to be my 'happy weight'. But honestly I was more miserable than before I lost the weight because I was so obsessed with food and dieting. I would gain and lose 10 lbs. over and over again and was just plain miserable. I knew there had to be a better way. But for me personally it really took some time to implement the practices. I think for a long time I tested the theory of really "opening the gates". I definitely went through a 'donuts and Doritos' stage because I really didn't believe I would let go of dieting. I remember when I first read the book I was a little sad that I would never again eat sweets or candy because quite frankly before this book the only time I allowed myself to eat those kind of things was during a binge. I slowly realized over time that I could eat those things in a non-binge way. It also took some time before I started losing weight. But once I started losing, the weight literally fell off without me trying. I lost about 15 lbs in 4 months and was thinner and healthier than I had ever been on any diet. You will have little moments of victory and if you're patient it will happen with time. For me a really big victory came when I went to lunch with some co-workers at a Mexican restaurant. I used to either eat two baskets of chips because I was blowing my diet anyway or only allow myself to have 12 chips because I knew how many (WW) points that was. At this particular lunch I didn't even think about it and it wasn't until we were leaving that I realized I wasn't overly full or still hungry. I didn't make any kind of conscious effort to not overeat, it just sort of happened. That was a HUGE moment for me and to be honest one I never would have imagined being possible. But keep in mind, this was months after I had first read Intuitive Eating (another book on listening to your body) so it wasn't something that happened overnight. I think the best thing you can do with this book is take the advice that works for you and ignore the stuff that doesn't. For me personally I really don't do well when I'm not weighing myself. Often after a binge I imagine that I've gained at least five lbs. so if I step on the scale and I'm only up one lb. it actually helps me mentally. Also, I really don't like the idea of having a pair of pants or

whatever that you try on periodically because this just makes me feel like a failure when they don't fit as quickly as I want them to. And lastly, as I mentioned earlier I did fall in the diet trap after a couple years of intuitive eating. I honestly forgot what it was like to be in that diet mentality and got caught up with a "super healthy" eating plan at my gym by convincing myself it wasn't a diet. It has taken me a long time to get out of the diet mentality again so please do yourself a favor and never go on a diet again! Best of luck!

I have to say that this book has been a great revelation on the internal working of our minds and how the "diet" industry has warped our own personal nature when it comes to eating and our instincts. This was truly a pleasurable read that was well composed and organized and revealed a lot about "binge eating" and "willpower", and how just by tuning in to our natural given cues from our body we can achieve our leanest selves. As a nation we are literally suffocating for food as we are constantly are trying to restrict ourselves and punish our bodies in a myriad of ways and Ms. Spinardi reveals some very eye opening and truly successful techniques to stop this hostile cycle towards ourselves. The only negative, and the main reason why I am not able to give this book 5/5 stars is because the author completely fails to mention that men have issues with weight and eating problems as well. This book is specifically geared towards women, and the book is constantly mentioning words like "ladies" and "girls" as terms of endearment towards her fellow readers, but completely ignoring the fact that men struggle with similar issues. I have to say this book is a great find and even the most seasoned and haggard dieter will find hope and relief within the contents of these pages. I truly believe that Ms. Spinardi should re-launch or update a version of this book to include male readers.

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