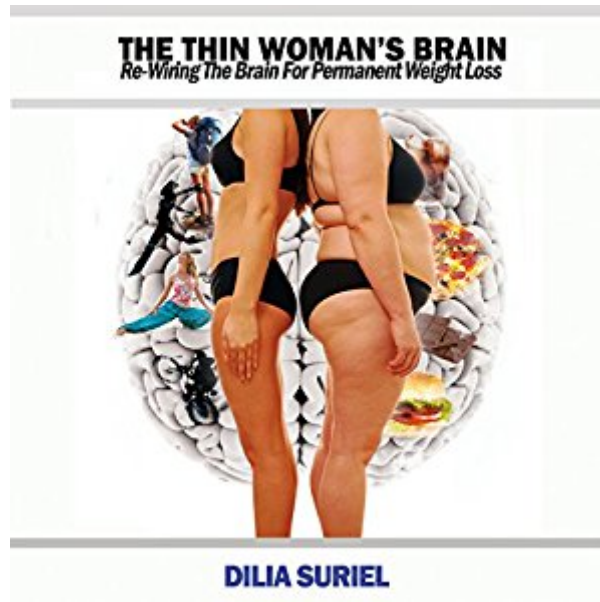


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The Thin Woman's Brain: Re-wiring The Brain For Permanent Weight Loss



Synopsis

Why are certain women able to stay thin and never, ever diet? What is different between these naturally thin women and those that can only struggle to thinness through obsessive diet-like behaviors? The book explains the significant body of science which finally reveals the differences between the brains of thin and overweight women. It details the alterations in the brain that occur from years of overeating and dieting - and how to reverse them. In a personal and accessible style, the author guides the listener through an easy to follow step-by-step program based on cognitive behavioral therapy. The book's program does not include any food restrictions, or recipes. It does not prescribe any specific exercise program as its sole objective is to restore the brain to its healthy relationship with food. You will learn how modern foods and ancient survival mechanisms have interacted to create an obesity epidemic. "Famine" brain, high-stress lifestyles, reduced pleasure from food and other factors are examined. Once you understand how your brain has inadvertently gone awry, you will appreciate this sensible approach to "rewiring" you brain back to its natural state - the thin woman's brain. Why are certain women able to stay thin and never, ever diet? What is different between these naturally thin women and those that can only struggle to thinness through obsessive diet-like behaviors? The book explains the significant body of science which finally reveals the differences between the brains of thin and overweight women. It details the alterations in the brain that occur from years of overeating and dieting - and how to reverse them. In a personal and accessible style, the author guides the listener through an easy to follow step-by-step program based on cognitive behavioral therapy. The book's program does not include any food restrictions, or recipes. It does not prescribe any specific exercise program as its sole objective is to restore the brain to its healthy relationship with food. You will learn how modern foods and ancient survival mechanisms have interacted to create an obesity epidemic. "Famine" brain, high-stress lifestyles, reduced pleasure from food and other factors are examined. Once you understand how your brain has inadvertently gone awry, you will appreciate this sensible approach to "rewiring" you brain back to its natural state - the thin woman's brain. PLEASE NOTE: When you purchase this title, the accompanying reference material will be available in your My Library section along with the audio.

Book Information

Audible Audio Edition

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Customer Reviews

Much to my dismay, at age 40 my weight began to creep up. I assumed it was because of my age, a slower metabolism and hormonal changes. But after reading the Thin Woman's Brain, I realized this was not so! I had tried EVERY diet program, Weight Watchers, Nutrisystem, Atkins as well as medically supervised programs with hunger suppressing medications. Each was successful to varying degrees. However, I ALWAYS gained the weight back. How could this happen? How could I be so weak? I have been on a weight loss/weight gain roller coaster for the last 20 years. That is until I read the Thin Woman's Brain, and then my life changed. I was beyond excitement as I read this book because there is actually real science, published credible studies on why people overeat. And there are tools to fix it at the root cause - your brain - permanently! Oh my - no more yoyo diet failures, and no more shame that goes along with those failures. When I first read the book, I was so excited, but somewhat skeptical. How could a person like me who could eat an entire pint of ice cream in one sitting, feel satisfied with a small amount? But now I do! And I was certain that my afternoon sugar cravings were real hunger. They were not! Being able to recognize that some of these automatic behaviors, such as going to the vending machine at work for a candy bar, really meant I just needed to take a short break. I did this program along with two friends. While the weight was falling off of them, mine remained the same. I was following the protocol faithfully, but my weight didn't budge. And then I revisited the Insulin Resistance section and thought could I be one of those 5% of the population that is Insulin Resistant?

Enlightening and life-altering are words that I use to describe this book. This book is a must read for anyone who has dieted and failed or never achieved their weight goals long-term. My life has improved beyond my expressive ability as I have lots more energy and a much better outlook. This is truly a discovery of what is at the root of why the dieting approach did not work for me. I have

denied myself so many foods and yet year after year I kept putting on more and more weight. I did not trust myself that I could eat mindfully. Once I accepted that I could trust myself and chose foods that truly feed me, I have been able to shed that part of my faulty wiring and along with 30 pounds, so far! The book explains the difference in a Thin Woman's Brain versus an overweight woman from bonefide, irrefutable, massive amount of scientific data. A good amount of research and evidence is also provided to support her proof that we can restore our brains to our pre-diet food obsessive, compulsive overeating days. You will never diet again and you will be much more fulfilled in many ways never anticipated while becoming the Thin Woman you always knew was possible. I have reconnected with food in a more meaningful way and truly enjoy it again; especially since I no longer fear bingeing on any forbidden foods. I have learned to plan the food I want to prepare to keep my body healthy and adopting the mindful practices recommended in The Thin Woman's Brain has helped me to neurologically rewire my brain that much faster. I continue to lose weight as my goal is an additional 20 pounds but I am experiencing joy and self-nurturing that I have not experienced in a very long time. This healing has been amazing and everyone is noticing the "new" me.

In principle, this book got it right. Dieting and forbidden foods promote obsession with food, which leads to bingeing and overeating. It's a mind game, and the more you push the issue, the more push back you will experience, and you will be right on track to yo yo dieting. This book is all about how to get off this treadmill, by being mindful of the subconscious mechanisms that direct our behaviors, and how to learn to say no. Unfortunately, this book left me rather anxious. There is this big 'laundry list' you have to work on before change is supposed to happen. Throw out the scale and start meditating. The author insists that you need to tackle the issues and traumas in your past and present that lead to our problem relationship with food. She tells you to embrace the fact to be just human in order to end up being the amazing, vibrant and thin female you are meant to be. In other words, embrace imperfection to become a better you and have a more perfect life. While there is nothing wrong with all this, don't think it is necessary to stop overeating. I believe that more often than not, overeating is nothing more than a bad habit that was left behind after a difficult time in your past. The issues are gone, the traumas healed, but the bad habits (like running to the fridge when stressed) remain. Oftentimes all you need is to recognize the pattern, relax, and chose not to act on it. I don't think everybody has to develop perfect stress coping skills first for this concept to work. There is nothing wrong with the goal of improved stress management, it might even be very helpful, but it is not required to learn healthy eating skills. All in all, this book left me a little bit overwhelmed.

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