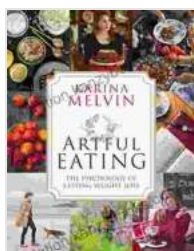


Artful Eating: The Psychology of Lasting Weight Loss

In *Artful Eating*, registered dietitian and licensed psychotherapist Leslie Kaloos breaks down the complex interplay between food and our emotions, and shows us how to create a mindful, joyful, and sustainable relationship with food.



Artful Eating: The Psychology of Lasting Weight Loss

by Karina Melvin

★★★★☆ 4.1 out of 5

Language : English

File size : 7557 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 363 pages



Kaloos argues that traditional weight loss approaches, which focus on calorie counting and restriction, are doomed to fail because they don't address the underlying emotional issues that drive our eating habits. Instead, she offers a compassionate and evidence-based approach that helps readers understand their own eating patterns and develop healthy coping mechanisms for emotional eating.

Artful Eating is divided into three parts.

- **Part One** introduces the basics of mindful eating and helps readers understand the role of emotions in their eating habits.
- **Part Two** provides specific strategies for overcoming emotional eating, including how to identify triggers, develop coping mechanisms, and create a supportive environment.
- **Part Three** offers a step-by-step plan for creating a lasting weight loss plan that is tailored to each individual's needs.

Kaloos's approach is based on the latest research in nutrition and psychology, and she provides readers with a wealth of practical tools and exercises to help them make lasting changes to their eating habits.

If you're struggling to lose weight or maintain a healthy weight, *Artful Eating* is the book for you. Kaloos's compassionate and evidence-based approach will help you understand your own eating patterns and develop healthy coping mechanisms for emotional eating. With the help of *Artful Eating*, you can create a mindful, joyful, and sustainable relationship with food.

Praise for *Artful Eating*

"Leslie Kaloos has written a must-read book for anyone who wants to lose weight and keep it off. *Artful Eating* is a practical, compassionate, and evidence-based guide to mindful eating that will help you create a lasting relationship with food."—**Melissa Hartwig Urban, co-founder of Whole30 and author of *The Whole30***

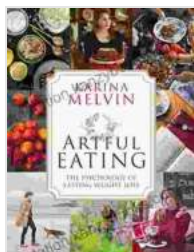
"Leslie Kaloos has a gift for helping people understand their eating habits and make lasting changes. *Artful Eating* is a compassionate and practical

guide that will help you create a healthy relationship with food." — **Christy Harrison, registered dietitian and author of *Anti-Diet***

"*Artful Eating* is a groundbreaking book that will change the way you think about weight loss. Leslie Kaloos provides a compassionate and evidence-based approach to mindful eating that will help you achieve your weight loss goals and improve your overall health." — **Dr. Mark Hyman, MD, author of *The Blood Sugar Solution***

About the Author

Leslie Kaloos is a registered dietitian and licensed psychotherapist. She is the founder of The Healing Kitchen, a nutrition and psychotherapy practice in New York City. Kaloos is a frequent speaker and media contributor, and her work has been featured in *The New York Times*, *The Washington Post*, and *Time* magazine.



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