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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.

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Book Information

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Customer Reviews

This is so much more than a book-get the app too! It is a step-by-step behavioral guide that is helping me understand my brain and trust my body. I finally have hope that I can develop a neutral, healthy relationship with food without dieting and excessive exercise. The support that Dilia provides through her book, website, app, and support groups has been invaluable. Dilia is committed to using scientifically-sound and evidence-based strategies that work and she teaches them in a kind and compassionate way. She knows exactly what she is doing, is passionate about it, and guides us along masterfully. The value in this program far and away exceeds the small monthly subscription fee. Do it, you won't regret it!

I saw myself on every page of this book. I'm only 2 weeks into Dilia's program and since I have started my eating patterns have improved dramatically. Already, food is a little less appealing than it was when I started. That has never happened to me on any of the diets I tried before. This is really different, and so far, really effective.

I'm a male. Although the title is directed at women, I found the author's candid, yet professional written tone informative and personal. I recommend this book to anyone struggling to lose weight. Society is enamored with diet crazes, quick fix food fads and outright starvation to look scaly thin. To think several decades ago, the average waist size was 14-16. Dilia Suriel takes readers on her own personal journey through the hell of weight gain and the gauntlet of weight-management systems. She displays her pitfalls, the barrage of thoughts running ramped in her mind and her wins and losses. This isn't a diet book persay -- it's change your mind, change your appearance book. Kudos to the author!

I didn't expect this to be a diet book, and I'm glad it wasn't. Instead, the author uses modern, well-documented scientific research to help explain why we overeat and how our brains have literally been changed from our bad eating habits, binges, and eating disorders. Very different from all the diet books I've read over the several decades of yo-yo dieting. This provides very real help toward understanding the underlying causes for our eating disorders and tested methods for changing them. Would highly recommend this to anyone who is a life-long dieter with a cycle of losing/gaining and could never understand why dieting is never a long-term solution. Dilia Suriel uses research coupled with her own experiences (but without the lengthy expositions of self-praise that are all too frequent in the 'how I lost all this weight and you can too' type of diet books), and makes the book interesting without letting all the scientific info become overwhelming. Excellent book.

I highly recommend joining a group or subscribing to personal sessions with the author. I've struggled for years with weight and been on countless diets. Through this program I was able to identify the real neurological needs and recognize how I used food to meet these needs. It has been a difficult process and at times I thought it was useless to keep trying after many "diet" failures. Dilia's expertise, compassion, and intuition are priceless. I can never thank her enough for her guiding me to a healthy relationship with food.

Yes, as other reviewers have pointed out, this book is quite extensive but it's also life-changing! I actually appreciated that the author dedicated several chapters on how our brain works because understanding the science behind "brain hunger" helped me view my experience more objectively, enabled me to lift the shame off my shoulders/ put an end to self-blaming, and most importantly gave me hope: yes you can re-wire your brain!

I am not sure why, but this book put an end to my compulsive eating in just one read. I have read LOTS of other books so this could have been a cumulative effect, or perhaps this particular approach just hit home more. Knowing that my brain is actually DIFFERENT with food addiction really helped me understand. Not so much focus on WHY this came to be, but how to CHANGE it. Suddenly, I "got" it and just stopped eating when not hungry. Still have a little trouble identifying true hunger but the book also identified some symptoms of hunger I experience that others don't seem to, so that part was affirming and helped. Takes the stigma away and deals with guilt and self-punishment too, also without stigma. I'm just glad it worked and hope it helps others.

Amazing book. Am going to reread I am sure, a number of times. Too much great info to absorb in the first read. Would recommend for someone tired of diets, or should I say, tired of failing on diets. I will try to update after a few months and let you know exact weight loss. But I think it is more a change in mindset, that will help a change in eating habits, that is the difference I notice so far.

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