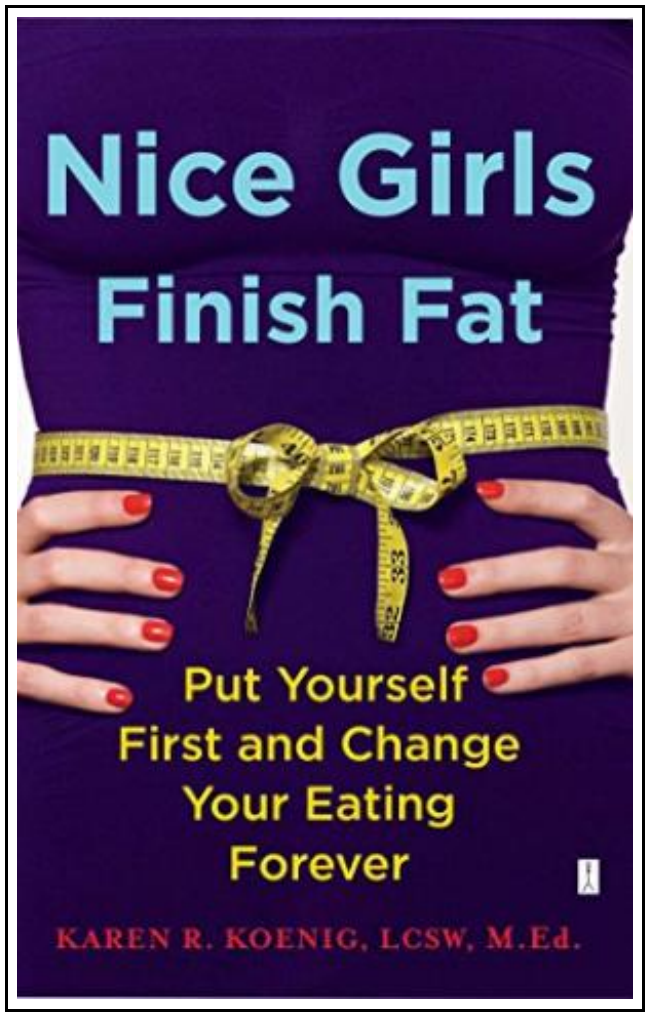
Nice Girls Finish Fat: Put Yourself First and Change Your Eating Forever



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NICE GIRLS FINISH FAT: PUT YOURSELF FIRST AND CHANGE YOUR EATING FOREVER

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Simon & Schuster. Paperback. Book Condition: new. BRAND NEW, Nice Girls Finish Fat: Put Yourself First and Change Your Eating Forever, Karen R Koenig, From a therapist and expert in emotional eating, the first book to explore the link between weight gain and women who do too much, complete with proven techniques for dropping pounds. Many women put too much on their plates, both literally and figuratively. In Nice Girls Finish Fat, psychotherapist Karen R. Koenig explains the link between the two and gives overweight women detailed advice on how to lose their extra baggage--both emotional and physical--by becoming more assertive in every aspect of life. For the millions of overweight women in America, diet and exercise just aren't cutting it. That's because many of these women have emotional issues buried deep beneath those stubborn pounds, issues that must be dealt with first if weight loss plans are to succeed. In this illuminating book, based on decades of professional experience, Karen Koenig offers on-the-page psychotherapy to help readers attack the roots of their food problems. With her engaging personal style, she teaches women about the biological connections between repressed emotions and eating, revealing the ways many women use food to stuff their anger, control their aggression, and assuage their feelings of guilt--all in the pursuit of being "nice." Giving "good girls" permission to love themselves first, Koenig offers thought-provoking quizzes and questions to help readers identify and overcome the habits that have been holding them back. Empowering readers to gain the confidence they need to lose weight, Nice Girls Finish Fat not only shows women how to stop obsessing about food and develop healthy eating habits, it teaches readers skills to improve every aspect of their lives.

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