



[(The Perfection Myth : How to Break Free from the Dogmatic Chains of Health and Dieting)] [By (author) Madelyn Moon] published on (February, 2015)

Madelyn Moon

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Free Your Mind From Food Obsession Do you find yourself trapped in an endless series of diets, never really feeling satisfied with your body or your life? Do you think about food constantly? Do you believe that if you just find the perfect diet, then the rest of your life will fall into place? Unfortunately for women today, these questions are all too common. We live in a weight- and image-obsessed world. But what if you could be free from all that? What if you could finally find happiness with yourself, your body, and your food? Diets Are Not the Answer! Life doesn't begin when you lose the "last ten pounds" or finally fit into the same size dress you wore in college. The answer is not another diet or exercise program. The answer is not deprivation or counting calories or weighing your food or creating meal plans. All the things you've tried in the past haven't worked...what you need is a radical new solution that leaves you loving your life more, not waiting for the sacrifices to be over. Eat What You Want and Love Your Life This is where Madelyn Moon comes in. Competitive bodybuilder turned food freedom advocate, Moon encourages readers to ditch the diets and finally live their lives to the fullest. In her latest book, "The Perfection Myth," you'll get a glimpse of what it's like to live in this new world of food freedom-without gaining weight-and learn how to do it for yourself. You'll learn Moon's 15 principles for sane eating that don't involve calories, carbs, scales, or restrictions. Get in touch with what your body truly craves and find yourself shedding pounds with ease. Discover yourself, create unconditional body respect, and finally find food freedom.

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