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## Make Peace with Your Weight

An 8-Step Plan to Love Both Your Body and Your Plate

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Author: Florian Saffer

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What if our weight issues were really psychological issues? Instead of dieting, let's make peace with our weight.

Having a healthy relationship with both our bodies and our weight is no easy task. How many of us really feel comfortable with our bodies? How many of us cringe when we have to put on a swimsuit? Or compare ourselves to others? What if, instead of a weight problem, we had a mental problem... with weight? Through an 8-step approach based on body positivity, Florian Saffer offers many practical tips inspired by behavioral and positive psychology. This book's only goals are to help you take care of your body and take a kind look at yourself and your image in order to finally make peace with your weight.

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