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From In Your Head to On Your Plate

Stories and Advice from an Emancipated Eater

Author: Jérémy Gorskie

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The debut from a nutritionist of the new generation who aims to reconcile your heart and head body with what's on your plate.

The weight loss industry generates an annual revenue of over 2.5 billion euros. Its profits keep growing every year for one simple reason: like the society we live in, it preys on our fear of growing fat while paradoxically facilitating weight gain. But take it from a nutritionist: diets are not the solution, nor are slimming products. Just as there is no miracle cure for pain. In this book, dietician and psychonutritionist Jérémy Gorskie, a former "emotional eater," guides readers on a journey to reconcile them with what's on their plate as well as with their best allies—their own bodies.

Sales in France: 20,000 copies