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## Losing Weight at All Costs? I've Tried Everything Except Loving Myself!

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Author: Esther Taillifet

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What does your relationship to food say about you?

The psychological mechanisms at work when we give into having a piece of chocolate or abandon our diets tell us a lot about what we're feeling. These are signals our brain sends us, like little soldiers come to provide reinforcement and restore our well-being. We must learn to heed them and stop denying or demonizing them. This is the gentle journey Esther invites us to take with her in her book. Readers will learn to decipher the emotional processes at work in their own relationship to food, the better to know and accept themselves. In this unique book full of kindness, Esther never gives orders—she just wants us to learn to love ourselves!

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Adaptations: Audio