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# How To Have Your Cake And Your Skinny Jeans Too: Stop Binge Eating, Overeating And Dieting For Good, Get The Naturally Thin Body You Crave From The Inside Out



## Synopsis

**YOU ABSOLUTELY CAN STOP BINGE EATING (OR FEELING OUT OF CONTROL WITH FOOD) AND BE THIN!** You are about to finally uncover the single reason why you've been experiencing such an uphill battle with food and your weight. And far more importantly... I am going to teach you the skills you need to win the food fight once and for all--without dieting. If you're looking for a real, proven, step-by-step solution to stop overeating and binge eating for good--so you can finally get thin and get on with your amazing life--then this book is for you. Is food your best friend--and your worst enemy? Are you stuck in a relentless tug-of-war between wanting (desperately) to lose weight, and the out-of-control urge to eat? Does your firm morning resolve to "be good" with food consistently crumble into a night of takeout on the couch, watching TV with Ben & Jerry? Do you love food, but at the same time, part of you hates it with a passion, and would be perfectly happy if you never ate again--if it just meant you could finally be thin? Let me come right out and say it. It's not you! There are clear-cut, solvable reasons why your eating currently feels frustrating and at times painfully out of control. You've simply been trying to solve the problem (excess weight and overeating) with a solution (dieting and exercise) that does nothing to resolve the real reasons you feel so out of control with food. The problem is not your lack of nutritional knowledge. Knowing how many calories (or carbs!) are in a thick, fudgy brownie does absolutely nothing to equip you with the skills to stop binge eating it after a long, hard day at work. Are you going to scream if another weight loss book tells you to "take a bath" instead of binge eating? Overeating and binge eating are learned behavioral patterns that can be eradicated once you learn a few simple--actionable--psychological skills. And NOT the type of "fluff psychology" you find in most emotional eating books that advise you to "take a walk," "read a book," or "take a warm bath" when you feel the urge to overeat. Really? That advice is absolutely useless. (And maddening!) As if when you're in that pre-binge frenzy, parked outside the mini-mart tearing into a bag of chips and a box of donuts, you're going to hear that advice and say, "Wow, why didn't I think of that? I'll put down these salty, grease glistening chips and thick, chocolate frosted donuts and head home to read *Pride and Prejudice*." Not so much. The solution to binge eating and overeating is found in step-by-step, research based, learn-able skills that prevent and eliminate overeating on the spot. The skills (you'll be happy to know) do not include deprivation or willpower. Since willpower and deprivation don't actually work. I mean, if they did work to yield lasting weight loss we wouldn't be having this conversation right now. Right? Find out exactly why your best weight loss efforts have failed in the past--and more importantly, exactly what you can do to change it. Today. Learn how to eliminate the single behavior that 70 years of scientific research proves causes overeating, binge eating, and feeling out of

control with food. Uncover the secret to being able to keep any food in your house--without it calling your name. Discover the two keys that make it a cinch to stop eating any food when you've had enough (even chocolate cake or a cheeseburger!). *How to Have Your Cake and Your Skinny Jeans Too* is Josie at her best--sharing her remarkable insights, her warm, disarming signature wit, and her research-based Hunger Directed Eating techniques that result in quick and lasting change. This is the first book in a groundbreaking series. Join the women and men around the world who are finally enjoying peace and ease with food.

## Book Information

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## Customer Reviews

I loved this book. I discovered intuitive eating about six years ago and did really well with it for a couple of years but then fell back into the diet trap. This book offers such good insight and I love her wit. I also really like that this book says that it's okay to want to be thin because so many books like this try to tell you to accept your body the way it is. I look forward to continuing on my journey and I'm confident with her tactics I can be successful. UPDATE: I thought I would add some to my story to try and help others. A lot of the reviews about this book talk about how fantastic it is and how quickly they were able to jump into hunger directed eating and they just started eating really healthy all the time because they wanted to. For me it was not that fast and simple. Don't get me wrong, this is an excellent book and one I highly recommend for anyone struggling with dieting. Before finding the book I had lost about 50 lbs. over the course of two years with a series of different diets and was at what was supposed to be my 'happy weight'. But honestly I was more miserable than before I lost the weight because I was so obsessed with food and dieting. I would gain and lose 10 lbs. over and over again and was just plain miserable. I knew there had to be a better way. But for me personally

it really took some time to implement the practices. I think for a long time I tested the theory of really "opening the gates". I definitely went through a 'donuts and Doritos' stage because I really didn't believe I would let go of dieting. I remember when I first read the book I was a little sad that I would never again eat sweets or candy because quite frankly before this book the only time I allowed myself to eat those kind of things was during a binge.

Update March 30, 2015: I wrote more in the comments on this post but I wanted to say this book has really, really helped me. The principles do work and even if you want to forget them they stay in your mind just waiting. This book is a relief. There are many rave reviews here and they inspired me to get the book, but I do note that so many of them don't seem to be written after the reviewer has spent a long time with the new way of eating. After reading so many diet books and so many reviews of diets (so...many....), and after raving to my friends and family about this new diet or that new diet, I'm feeling awfully gunshy. I've been trying to implement the guidelines in this book for about 9 days or so, I've lost three pounds and finding this extremely easy...but it's still very new. So what I want to do is mention a few of the things that I find very valuable about this book that have changed my entire perspective about eating (regardless of how much weight I lose), and I will also try to keep this review updated from time to time. I just really needed to hunker down and find a way to eat that I could live for the rest of my life. That's all I wanted. I've had weight loss surgery, I have done many different diets, I have worked out a ton (and enjoyed it even when it didn't help me lose weight on the scale). I have been committed to fasting, I have been committed to low carb. I monitor everything I eat and weighed myself every day for years, keeping a nice running chart. I weigh my food. I track everything in myfitnesspal. But most of the time, even when I was doing any or all of those things, I failed a lot. Like, super-failed. I couldn't even stick to any diet for more than about a month and I'd struggle the whole month. I just kept jumping from diet to diet.

**THREE MONTHS AFTER READING** I read this book three months ago, and I can sufficiently say that my life has been changed forever. I have been counting calories for five years, since I was 17 years old, and this book changed how I look at food all together. As a long-time athlete, I noticed that after following this book my body became so much more toned after just a few weeks and there were big improvements in my performance. Instead of eating what I was "supposed to eat", I was eating what my body actually wanted and therefore, giving my body the fuel it wanted to build muscle my way and sufficient calories to do it. Before this book, I always ate meat because I thought I had to, to be healthy, but I never liked it. But, once I started eating what I wanted, I dropped the

meat, and I realized that when I did eat it, my stomach was always upset. It's mind-boggling to me that I never linked these two things before this book. Now, I am pretty much a vegetarian and my body is doing great on protein from other sources (milk especially which was a "bad" food in the past since I refused to drink any calories). I feel so much more comfortable in my own skin after reading this book and, I rarely even think about food except when I am hungry and feel no guilt for eating what I want to eat. Don't get me wrong - the first two months were TOUGH in terms of all my food emotional baggage but, I am so glad that I stuck with this. I actually cried when I went on my first all out shopping trip because I realized for the very first time in my adult life, I had gone to the grocery store and bought what I actually wanted to buy instead of a cart full of Special K chips, diet soda, and Skinny Cow ice cream.

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