



When Women Stop Hating Their Bodies: Freeing Yourself from Food and Weight Obsession

Jane R. Hirschmann, Carol H. Munter

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What do you think would happen if women stopped hating their bodies? We would

- * Learn to eat when, what, and how much our bodies need.
- * Overcome our fear of not dieting.
- * Look in the mirror and like what we see.
- * Decode our fat talk to reveal our real concerns.
- * Stop trying to measure up to society's ridiculous and impossible standards of female beauty.
- * Learn to accept ourselves -- our bodies as well as our feelings -- unconditionally.

From the Hardcover edition.

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Lawrence Howe:

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Molly Cooper:

Is it you actually who having spare time then spend it whole day simply by watching television programs or just resting on the bed? Do you need something new? This *When Women Stop Hating Their Bodies: Freeing Yourself from Food and Weight Obsession* can be the answer, oh how comes? The new book you know. You are therefore out of date, spending your spare time by reading in this new era is common not a nerd activity. So what these guides have than the others?

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