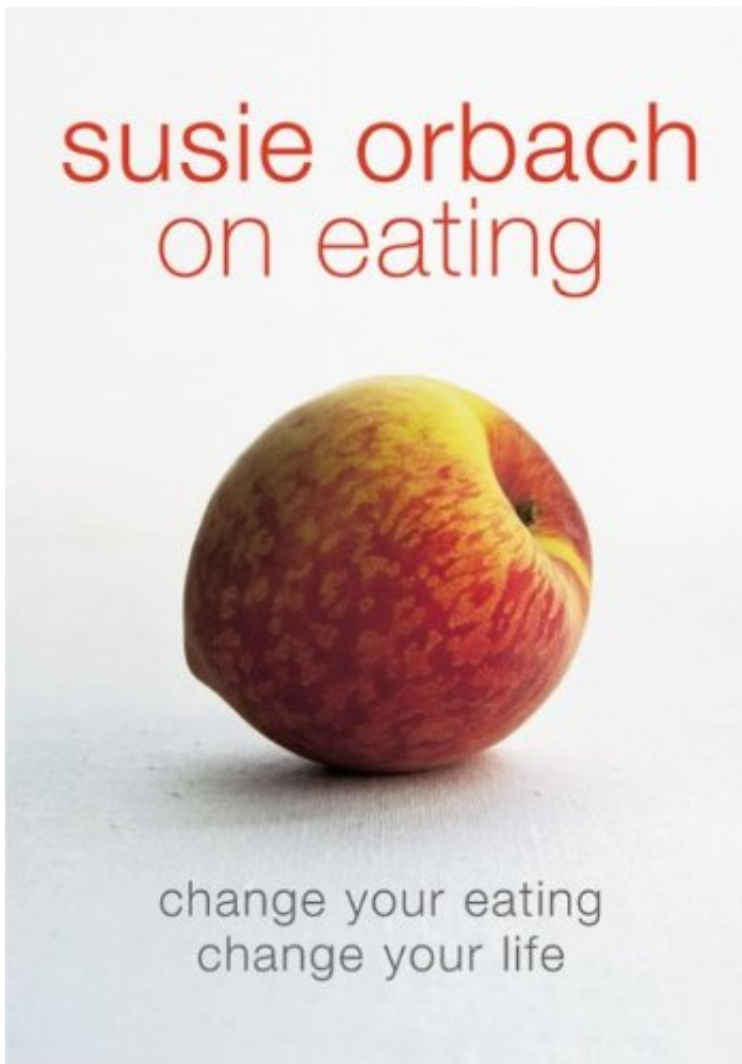


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# Susie Orbach on Eating



*Par Susie Orbach*  
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## Description :

Prsentation de l'diteur'Eating is pleasurable, eating is delicious, eating is sensual' says Susie. But for so many of us eating is associated with anguish and abstinence. From the first page this little book shows us how to think and feel differently about what we eat. So that we eat when we are hungry, eat what we want to eat to satisfy us and stop when we are full. Each page contains an easily absorbed bite-sized statement to transform eating that hurts into eating that nourishes and calms. This book isn't magic but it feels as if it is.Prsentation de l'diteur'Eating is pleasurable, eating is delicious, eating is sensual' says Susie. But for so many of us eating is associated with anguish and abstinence. From the first page this little book shows us how to think and feel differently about what we eat. So that we eat when we are hungry, eat what we want to eat to satisfy us and stop when we are full. Each page contains an easily absorbed bite-sized statement to transform eating that hurts into eating that nourishes and calms. This book isn't magic but it feels as if it is.Biographie de

l'auteurBest known as Princess Diana's therapist and the author of *FAT IS A FEMINIST ISSUE*, Susie Orbach has an international reputation as a therapist and expert on eating problems. She was a key figure at last year's Downing Street symposium on body issues and writes and broadcasts regularly in a wide range of media.