



# The Diet Survivor's Handbook: 60 Lessons in Eating, Acceptance and Self-Care

By Judith Matz Matz, Ellen Frankel Frankel

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## The Diet Survivor's Handbook: 60 Lessons in Eating, Acceptance and Self-Care

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If you're one of the nearly 116 million Americans trying to lose weight, only to find that every diet you've tried has failed you, you are a diet survivor.

You can step off the destructive diet bandwagon and reclaim your self-esteem, positive body image and a happy, healthy life. These 60 inspiring lessons will give you the tools you need to change your relationship with food, your body and yourself.

Dieting is hazardous to your health. Diets don't work and they won't work, and yo-yo dieting will make you fatter.

This book can show you how to:

- \* Never diet again and allow your weight to stabilize
- \* Stop feeling guilty about eating the foods you love
- \* Free up all that mental energy to be more productive and have more fun in life
- \* Get in touch with physical hunger and learn to love your body

Give up the vicious cycle and stop overeating.

Judith Matz and Ellen Frankel are sisters and therapists specializing in eating problems and weight issues. Each holds a Master's degree in Social Work and has over 20 years of clinical experience in the field of eating disorders. They are the authors of Beyond a Shadow of a Diet.

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- Rank: #363688 in eBooks
- Published on: 2006-02-01
- Released on: 2006-02-01
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### **Editorial Review**

#### **About the Author**

Judith Matz, LCSW, and Ellen Frankel, LCSW, are clinical social workers and sisters who grew up in the Chicago area. In 2004 they published *Beyond a Shadow of a Diet: The Therapist's Guide to Treating Compulsive Eating*.

Judith is the director of the Chicago Center for Overcoming Overeating, Inc., an organization dedicated to ending the preoccupation with food and weight. She has worked in the area of eating problems since 1986 and is a frequent speaker at workshops and conferences on the topics of compulsive eating and body image. She has a private practice in Skokie, Illinois.

Ellen has worked in the field of eating disorders since 1987 in both outpatient and residential settings. Her book *Beyond Measure: A Memoir about Short Stature and Inner Growth* will be published in 2006. In addition to writing full time, she speaks at conferences and serves as a consultant. Ellen lives in Marblehead, Massachusetts.

You can visit their website at [www.dietsurvivors.com](http://www.dietsurvivors.com).

### **Users Review**

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