

[PDF] Food Freedom Forever: Letting Go Of Bad Habits, Guilt, And Anxiety Around Food By The Co-Creator Of The Whole30

Melissa Hartwig - pdf download free book

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"Food can play a powerful role in pleasure, health, and celebration—but it can also be a source of stress and anxiety. In *Food Freedom Forever*, Melissa Hartwig explains how we can enjoy food yet feel less from cravings and negative feelings. It's a practical, realistic, compassionate—and even funny—guide to establishing a new relationship with food."
—**GRECHEN BEYER**, *New York Times* best-selling author, *Before You Know It* and *The Happiness Project*

"Eating does not lie to you, but Melissa makes it easy! Her philosophy truly works, without involving calories or being a slave to the scale. Her program, the Whole30, helped change my own philosophy on food and how I eat. *Food Freedom Forever* is a must-have for anyone who wants to make changes in their life... and make them last!"
—**PROFIT ENDS**, author, *Make Money and Health Happen*

"*Food Freedom Forever* gives you everything you need for achieving dietary success, for better and for the rest of your healthy life. Melissa Hartwig's information is spot-on in terms of scientific validity and wonderfully approachable in terms of its implementation."
—**DAVID PERLMUTTER, MD**, *New York Times* best-selling author, *Grain Brain*, *The Brainy Book About Whole Grains and Super-Grain Bread* and *Brain Matters*

"They say fear is the culprit causing food obsession, and sometimes restriction. In *Food Freedom Forever*, Melissa Hartwig delivers a sustainable, healthy diet that will fuel your mind, body, and spirit, and place you in control of your food for life."
—**EMILY DEANKE, MD**, Harvard Medical School

"This 'real food' empowered dietitian who believes the standard low-fat, high-carb, 'everything in moderation' advice is complete nonsense. Reversing our relationship with food is critical in order to live a happy life, and Melissa's plan in *Food Freedom Forever* is exactly what does work for my clients. This is no crash diet, and it's way more important than a weight loss plan—it's the beginning of the rest of your life!"
—**DIANE BOGDANSKI, MD, LOR, WHF**



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Description:

End the yo-yo dieting cycle... forever. Welcome to the Food Freedom plan.

Millions of people have successfully completed the groundbreaking Whole30 program and radically transformed their energy, sleep, cravings, waistline, and health. Now, *Food Freedom Forever* offers real solutions for anyone stuck in the exhausting cycle of yo-yo dieting and the resulting stress, weight gain, uncontrollable cravings, and health complaints. In her newest book, best-selling author Melissa Hartwig defines true “food freedom” as being in control of the food you eat, instead of food controlling you. Resets like the Whole30 can jump-start the process, but as anyone who has dieted knows, holding onto that freedom and creating healthy habits that last is the hard part. In her detailed 3-part plan, Melissa will help you discover food freedom, no matter how out of control you feel; walk a self-directed path that keeps you in control for months on end; gracefully recover when you slip back into old habits; and create the kind of food freedom that stays with you for the rest of your life.

Food Freedom Forever shows you how to design your reset, making your short-term protocol maximally effective. You’ll learn how to spot your specific triggers before they’re pulled and strategies for dealing with temptation, strengthening your new healthy habits, and boosting your willpower. Melissa also shares advice for retaining your food freedom during holidays, vacations, periods of life stress, social pressure, and criticism from friends and family. By the last page, you’ll have a detailed plan for creating the perfect diet for you, finding your own healthy balance, and maintaining the kind of control that brings you real food freedom every day.

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