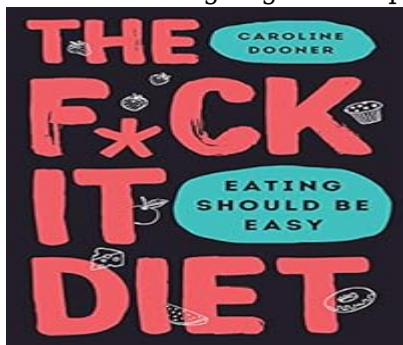


## The F\*ck It Diet: Eating Should Be Easy By Caroline Dooner

The Fck It Diet is not only hilarious it is scientifically and medically sound A must read for any chronic dieter Christiane Northrup MD New York Times bestselling author of Womens Bodies Womens Wisdom From comedian and ex diet junkie Caroline Dooner an inspirational guide that will help you stop dieting reboot your relationship with food and regain your personal power DIETING DOESNT WORK Not long term In fact our bodies are hardwired against it But each time our diets fail instead of considering that maybe our ridiculously low carb diet is the problem we wonder whats wrong with us Why cant we stick to our simple plan of grapefruit and tuna fish Why are we so hungry What is wrong with us We berate ourselves for being lazy and weak double down on our belief that losing weight is the key to our everlasting happiness and resolve to do better tomorrow But its time we called a spade a spade Constantly trying to eat the smallest amount possible is a miserable way to live and it isnt even working So fuck eating like that In The Fck It Diet Caroline Dooner tackles the inherent flaws of dieting and diet culture and offers readers a counterintuitively simple path to healing their physical emotional and mental relationship with food Whats the secret anti diet Eat Whatever you want Honor your appetite and listen to your hunger Trust that your body knows what it is doing Oh and dont forget to rest breathe and be kind to yourself while youre at it Once you get yourself out of survival mode it will become easier and easier to eat what your body really needs a healthier relationship with food ultimately leads to a healthier you An ex yo yo dieter herself Dooner knows how terrifying it can be to break free of the vicious cycle but with her signature sharp humor and compassion she shows readers that a sustainable easy relationship with food is possible Irreverent and empowering The Fck It Diet is call to arms for anyone who feels guilt or pain over food weight or their body Its time to give up the shame and start thriving Welcome to the Fck It Diet Lets Eat “The F\*ck It Diet is not only hilarious.

Or their body. The F\*ck It Diet: Eating Should Be Easy I'm baffled by the negative review This book is wonderfully written and delivers a message that should be mainstream I've wasted years dieting and hating my body and only now at the age of 26 am I being introduced to material that tells me it's okay to love myself it's okay to eat a burger and it's okay to be bigger fat curvy whatever word you want to use I wish I could've given this message to my teenage self Lovewept This is literally the first review I have ever written on and yeah I know everyone says that but it's really true This book is a revelation I want to preach it EVERYWHERE my husband is already sick of me I'm 44 and have had years of struggling with diets body image and self esteem culminating in an urgent referral to a psychiatrist to treat my binge eating disorder I got married at Christmas I know woohoo but was very self conscious and unhappy with my body damn if only I'd had this book a few months earlier Anyway I have it now and LOVE IT I am FREE My anxiety has gone and I wake up with a spring in my step I love food and enjoy every mouthful Yeah I've put on some pounds BUT it's settled down now and I think I may be near to my 'set point' Body image is something I'm still working on but my god I'm in a GREAT place For those worried like my husband that you're just going to eat and eat and eat and end up on a documentary WORRY NOT I felt amazing this morning so decided to get on the scales for the last ever time I was in a good place and knew it wouldn't be a trigger It was really just out of interest Well I'll be damned I've lost weight So all those doubts are now finally pushed aside This does work I didn't care if I had lost or not but to know that my body 'has it sorted' was fascinating Scales are now in the bin by the way So there you have it I have 3 tween girls at home and the 'lectures' have now begun I am determined to save them so much pain and ensure they love themselves Last words BUY IT BUY IT BUY IT Oh and THANK YOU Caroline xxxxxxxxx Lovewept Probably like any yo yo dieter I've just about had enough of the constant dieting losing and then gaining weight so I had really high hopes for this book I started reading the book and everything made so much sense to me all my life I've been fighting the cycle of dieting I was already a bit overweight when I started reading and I just felt so free and happy that someone finally told me that I can eat whatever I want Yay Amazing right But one month on and I had to wear the biggest dress I

ever bought and I was so uncomfortable all day I wanted to cry and nearly ripped the dress off when I got home stepped on the scales and I'm at the heaviest I HAVE EVER BEEN I'm so sad because I now know that I will have to diet again to actually make my weight settle down again I can't be happy in a fat body because actually I'm struggling to walk up the stairs I find walking my dog difficult and even cleaning the house gets me out of breath This is after one month I cannot carry on with this book The first thing I did was to check the references in the book hmm not sure that all of those are reliable sources which made me wary straight away I just can't carry on with this book and ruin my health and body just because a skinny woman tells me to eat whatever the I want It also got very boring and repetitive half way through So on a next diet I go thanks for nothing Carolyn It will take me ages to get back to my normal acceptable weight And what I found very strange is that there are no stories from real people who followed this programme Isn't it strange I've actually never been so angry at a book before It made me fat and miserable I wonder if publishes this review as I can't be the only person who can see that this book is just another FAD Wish I could turn back time and never clicked on the BUY button Lovewept I've read uite a few anti dietintuitive eatinghealth at every size books and whilst they have generally been pretty good this book has affected me like none of the others have I bought it on kindle read through it once and already I am seeing a difference that's before I even read it a second time and start doing the exercises In fact I've bought the book again this time in hardback so that I can bookmark pages highlight bits keep a track of the exercises etc I've never ever bought a book in two different formats before but that just shows how amazing it is I've already noticed that I have much much less fear guilt and anxiety around both eating and being hungry and that without even thinking about it or 'monitoring' myself I just know when to stop eating I'm just done Caroline is a genius I LOVE the way she writes sarcastic and funny but very clever with all the science to back it up Thank you Caroline for this life changing book Lovewept This is an excellent example of a book which genuinely can change your life Ditch the diets and learn some techniues to get back in touch with your body and it's natural eating cuesDiets make you fat fact But when you've yo yo dieted for years you don't know how not to diet This book is what you need to help with that The writing style is easy to read and funny I never leave reviews on books but I just had to with this oneFor anyone who has struggled with dieting body confidence bingeing Lovewept



It is scientifically and medically sound. ” -Christiane Northrup MD New York Times bestselling author of *Women’s Bodies Women’s Wisdom*” From comedian and ex-diet junkie Caroline Dooner an inspirational guide that will help you stop dieting reboot your relationship with food and regain your personal powerDIETING DOESN’T WORKNot long term. Why can’t we stick to our simple plan of grapefruit and tuna fish??? Why are we so hungry? What is wrong with us??? We berate ourselves for being lazy and weak double down on our belief that losing weight is the key to our everlasting happiness and resolve to do better tomorrow. In *The F\*ck It Diet* Caroline Dooner tackles the inherent flaws of dieting and diet culture and offers readers a counterintuitively simple path to healing their physical emotional and mental relationship with food. Once you get yourself out of survival mode it will become easier and easier to eat what your body really needs—a healthier relationship with food ultimately leads to a healthier you. An ex-yo-yo dieter herself Dooner knows

how terrifying it can be to break free of the vicious cycle but with her signature sharp humor and compassion she shows readers that a sustainable easy relationship with food is possible. ”

-Christiane Northrup MD New York Times bestselling author of *Women’s Bodies Women’s Wisdom*” From comedian and ex-diet junkie Caroline Dooner an inspirational guide that will help you stop dieting reboot your relationship with food and regain your personal power **DIETING DOESN’T WORK** Not long term. Why can’t we stick to our simple plan of grapefruit and tuna fish??? Why are we so hungry? What is wrong with us??? We berate ourselves for being lazy and weak double down on our belief that losing weight is the key to our everlasting happiness and resolve to do better tomorrow. In *The F\*ck It Diet* Caroline Dooner tackles the inherent flaws of dieting and diet culture and offers readers a counterintuitively simple path to healing their physical emotional and mental relationship with food. Once you get yourself out of survival mode it will become easier and easier to eat what your body really needs—a healthier relationship with food ultimately leads to a healthier you. An ex-yo-yo dieter herself Dooner knows how terrifying it can be to break free of the vicious cycle but with her signature sharp humor and compassion she shows readers that a sustainable easy relationship with food is possible, But each time our diets fail instead of considering that maybe our ridiculously low-carb diet is the problem we wonder what’s wrong with us: But it’s time we called a spade a spade: Constantly trying to eat the smallest amount possible is a miserable way to live and it isn’t even working: Oh and don’t forget to rest breathe and be kind to yourself while you’re at it: Irreverent and empowering *The F\*ck It Diet* is call to arms for anyone who feels guilt or pain over food weight or their body. “*The F\*ck It Diet* is not only hilarious it is scientifically and medically sound. But each time our diets fail instead of considering that maybe our ridiculously low-carb diet is the problem we wonder what’s wrong with us. But it’s time we called a spade a spade: Constantly trying to eat the smallest amount possible is a miserable way to live and it isn’t even working, Oh and don’t forget to rest breathe and be kind to yourself while you’re at it: Irreverent and empowering *The F\*ck It Diet* is call to arms for anyone who feels guilt or pain over food weight.

. It’s time to give up the shame and start thriving. Welcome to the *F\*ck It Diet*. *Let’s Eat*. A must read for any chronic dieter. In fact our bodies are hardwired against it. So fuck eating like that. What’s the secret anti-diet? Eat. Whatever you want. Honor your appetite and listen to your hunger. Trust that your body knows what it is doing. It’s time to give up the shame and start thriving. Welcome to the *F\*ck It Diet*. *Let’s Eat*. A must read for any chronic dieter. In fact our bodies are hardwired against it. So fuck eating like that. What’s the secret anti-diet? Eat. Whatever you want. Honor your appetite and listen to your hunger. Trust that your body knows what it is doing