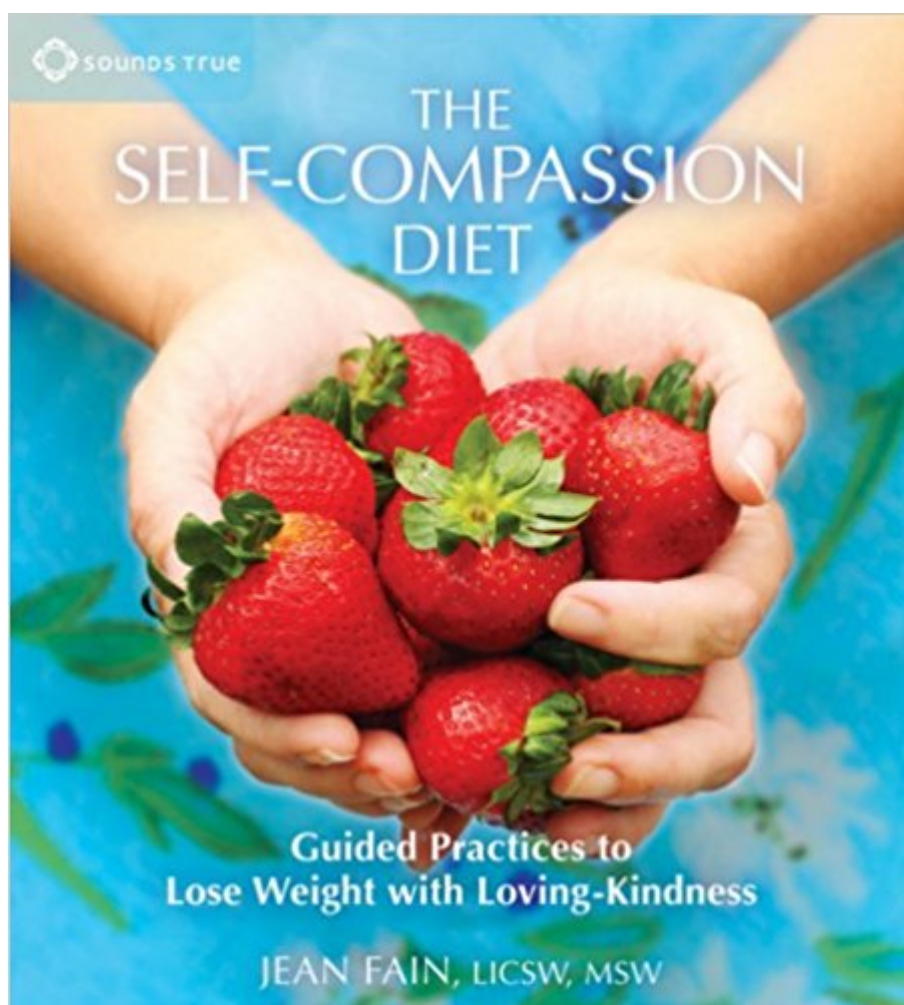


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# The Self-Compassion Diet: Guided Practices To Lose Weight With Loving-Kindness



## Synopsis

The secret to sustainable weight loss isn't counting calories or depriving yourself at the dinner table. Jean Fain tells us it's about cultivating awareness and self-acceptance wherever you are. With *The Self-Compassion Diet*, this Harvard Medical School-affiliated psychotherapist prescribes a practical program for transforming the way you think and feel about food and your whole self -- a shift that, paradoxically, inspires physical change. Combining loving-kindness, self-hypnosis, and other winning weight-loss strategies, she shares eleven guided meditations and trance sessions that have helped her clients change for good, including:

- 1) *Satisfaction*: a practice for appreciating the everyday activity of eating, and learning to trust your body's signals that it's nourished
- 2) *Gradual change*: a guided visualization for developing mindful eating habits
- 3) *Wise*: a meditation for getting to know the diet coach who knows you best -- your compassionate "inner advisor."

"Most dieters try to 'kill cravings' and break habits with self-discipline," teaches Fain. "Self-kindness can help quiet the shame that traditional diets instill, and establish a harmonious relationship with food." Here is a treasury of heart-opening mind-body practices for improving the way you live, breathe, and eat.

## Book Information

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## Customer Reviews

"THE SELF-COMPASSION DIET is full of practical wisdom about how to set yourself up for eating and weight loss success using guided visualization, meditation, positive self-talk, cognitive restructuring, writing and journal exercises. Fain sprinkles quizzes throughout the book, teaches with cases studies from her decades of counseling troubled eaters, and provides page after page of

exercises which will help disregulated eaters learn to expand their thinking in order to improve their eating." --EatingDisordersBlogs.com, Karen Koenig, January 10, 2011  
Named one of '10 New Diet Books for 2011' TIME.com, January 10, 2011  
'If you have been willing to spend hundreds of dollars on pills or special diets plans -- less than \$20 on a book that just may well change your life is worth a try.' -- Kerri O'Connor, Examiner.com, May 9, 2011  
'It's ['The Self-Compassion Diet'] wonderful, and I can openheartedly suggest you check it out. This is one of the kindest and most practice-based books I've come across in a long time. Geared not only to the reader interested in weight loss, Ms. Fain addresses eating disorders and body image issues with loving-kindness.' -- Janice Lynne Lundy, www.awakeisgood.com, January 18, 2011  
'Mindful eating is something you could learn and practice on your own. But like any skill, professional advice and guidance is always useful because you don't know what you don't know. I like this book ['The Self-Compassion Diet'], and it's already given me food for thought.' -- Sophie Dembling, suitupandshowup.blogspot.com, January 14, 2011  
'Certainly not your typical diet book, The Self-Compassion Diet proves that loving kindness to yourself is more effective than any diet food or miracle diet -- you'll lose weight all while gaining respect and love for yourself.' -- Michele Borboa, MS, sheknows.com, January 28, 2011  
Named one of the 'Most Popular Diets for 2012' LIFESCRIPT.com, December 21, 2011  
Named one of '8 Must-Read Books On Mindful Eating' PSYCHOLOGYTODAY.com, December 16, 2011 --This text refers to an out of print or unavailable edition of this title.

"Just about everyone who has dieted knows that traditional diets with self abuse and deprivation are bound to fail in the long run. In contrast, Jean Fain's compassionate approach to weight loss is accepting and transforming. This book helps turn past diet abuses into present-day understanding and emotional sanity. I recommend The Self-Compassion Diet to everyone struggling with weight and self-abuse problems." -Jean Antonello, RN, BSN, author of Breaking Out of Food Jail  
"Most books about eating issues are so deadly serious they make me want to bury my head in a pound of pasta and forget the whole thing. In all my times of dieting, failing, and resolving to be harder on myself, it never occurred to me that not only had that approach not worked, but it didn't feel particularly good. Jean Fain's approach -- trying a little tenderness -- feels much better. Thank you for creating this gentle, sane approach." -Suzan Colfân, author of Cherries in Winter  
This book will not only transform your waistline, it will change your life." -Kristin Neff, Ph.D., author of Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind  
"If you're tired of losing weight and then regaining more, forget about starting that same-old diet tomorrow. Read this book

today." -Steve Gurgevich, PhD, author of *The Self-Hypnosis Diet* "This book is a real gem!" -Tara Brach, PhD, author of *Radical Acceptance* "This delightful handbook moves the diet conversation to a new level. The author, diet expert Jean Fain, gently unravels the mystery behind successful change---self-kindness---and weaves it into a wise, carefully-organized, multifaceted, step-by-step approach to healthy eating." -Christopher K. Germer, PhD, author *The Mindful Path to Self-Compassion* "Jean Fain's engaging writing style, complete with mini-assessments, helpful practices, and case-studies, will help you say goodbye to dieting, once-and-for-all, and feel good in the process." -Evelyn Tribole, MS, RD, author of *Intuitive Eating* "The *Self-Compassion Diet* by Jean Fain blends eastern meditative techniques and western psychology for a gentle, comprehensive approach to weight loss. These techniques will help many people of any weight to be calmer and happier with their lives." -Deirdre Barrett, author of *Supernormal Stimuli* --This text refers to an out of print or unavailable edition of this title.

As a health psychologist that specializes in working with patients who are trying to lose weight, I have to say that this book is a breath of fresh air! So many diet programs and books about dieting fail to take in to account the struggles that people face. They always make it seem so easy- just eat less, exercise more, and the weight will melt away! Well anyone that has ever made a serious attempt at weight loss realizes that it is not that easy. If it were, 2/3 of the American population would not be overweight and obese!! However, Jean Fain came along and finally wrote a beautiful book about the message those of us in the mental health profession has been trying to tell our patients- that a big part of the struggle is our own lack of self-compassion. This is a concept that is not only gaining popularity, but also firm research support. I'm happy to see the concepts translated in to a book that patients can easily understand. Since reading the book, I have incorporated many of the strategies and techniques in to my treatment plan with patients. I find that patients are more easily able to stay committed to their weight loss goals when they are more self-compassionate, and as a result they have better success. The book is filled with many helpful tips and techniques that will suit a wide range of individuals. You won't find a typical diet or meal plan within the pages, but I think that's a real strength of this book. So many of my patients already know what they are supposed to eat and avoid. The challenge is consistently following the diet within the confines of a toxic food environment and an overly critical self. It's a wonderful read and I recommend it for anyone who has struggled with self-judgment related to their weight loss journey. Stop beating yourself up- instead pick up this book and learn a new way!

The Self-Compassion Diet is not a diet at all (thankfully) but a set of tools that can help in making lasting changes in one's way of eating: meditation, self-hypnosis, mindful eating, and community support. As a psychotherapist who works with eating disorders and emotional eating, I greatly value the research, practical exercises, and other resources the book offers in each of these areas. It is particularly nice to see a self-help book that so comprehensively cites research supporting its claims. In addition to covering such standard cognitive-behavioral therapy (CBT) techniques as keeping food logs and challenging unhelpful thoughts, the book offers other practices that can increase calmness and awareness and truly change the way one relates to oneself and food. Ms. Fain offers a wealth of experience, knowledge, and practical suggestions for eating in ways that can help to achieve and maintain a healthy weight. This may be my bias as an eating disorders therapist, but I do not believe that shape-focused terminology, such as "waist watchers" and "thinspiration," add to the value of the book. At the same time, I appreciate that the author urges those with eating disorders to consult with professionals, and that she repeatedly emphasizes maintaining a realistic "healthy, sustainable weight". Whereas I read the book primarily as a clinician, I also continue to personally benefit from the loving-kindness meditation, suggestions to enjoy "delicious, nutritious food," and meditations on eating more slowly and mindfully. Professionally, I think that the mindfulness exercises on recognizing signs of hunger and fullness could be helpful for many who have lost touch with these signals. I also like the way the author teaches readers how to make helpful, realistic eating suggestions to themselves using self-hypnosis. As other reviewers have mentioned, there are a lot of potential ways to use this book, and each reader can find what works best for them. The author does not make generalizations about what everyone should do, but lays out options, describes ways to try them, and encourages readers to decide for themselves. She also offers resources to assist readers in finding communities that will support self-compassionate eating. I believe that taking the time to mindfully sample from the menu of options in this book will pay off for many readers, in terms of improving their ability to feel satisfied with food and better about themselves.

I haven't finished this book yet, but I have already found it to be tremendously helpful and calming. I work a high stress job and though I have only finished through Chapter 2, I am finding that I am calmer, more open to my own creativity, and better able to sleep using the Chapter 2 Mindfulness techniques. The exercises are simple and easy to do, and so effective. I would love to have this on my Kindle, so I can carry it with me everywhere. It's too early to say if my new attitude toward myself and food will stand the test of time, as I haven't yet lost weight, but it's only been a week. I really

feel that this is the solution for me, to beat my long term weight issues, which I think are based primarily on my own negative self attitude. I find I am becoming more accepting of myself, and therefore more accepting of others, which makes my stressful work days more pleasant as well. Overall, the change in attitude, using these very simple exercises and quick meditations has made a huge difference. My family is grateful as well, as I am much less tired at the end of the day, and much more enthused and relaxed in my interactions with them. Thank you Ms. Fain for helping me develop this new attitude. My black and white, all or nothing attitude is changing to a more colorful, more loving, more accepting attitude, which oddly enough, has made me crave less, and desire to eat healthier. No more beating myself up, now I can be kind and generous to myself, and guess what, I don't really crave the cookies and chips anymore. Now I find I actually DESIRE healthier foods and I enjoy a more peaceful approach to exercise. I think this book will be life changing for me and others! I should probably have waited to write this review to finish the book, but frankly, I feel others need to know how great this book is.

This is an amazing book. I feel that if everyone who has been on a diet or is considering a diet would read this, the diet industry as we know it would go out of business. It is a kind way to look at our bodies and how to keep them healthy WITHOUT the pressure of how society sees us. A wonderful read.

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