



## Free Yourself from the Diet Language (Paperback)

By Ayelet Kalter

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Is obesity a disease, and weight loss is the solution? That is the common belief. Yet, studies have since refuted this assumption, and from my experience I have learned that it is far from reality, but even so, this is still the given opinion among the masses. The pursuit of thinness, the diet that accompanies it, and the failure therein has created a language (for lack of a better term). A language of eating - the Diet Language. This is a language administrated by control, intimidation, abstention and threat and by an external imposition dictating what to eat, when, how much, how to feel and what to think before, during and after eating. Many are convinced that food must be feared, that you have to exercise a lot to lose weight, that you have to count calories, and routinely weigh yourself. Many people are mistaken, confusing how they think about reality and its true nature. This confusion creates suffering. We should take another moment to consider a fundamental question: what is obesity? The traditional definition of obesity fits in with...

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