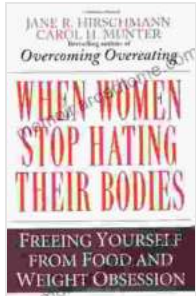


# Freeing Yourself From Food and Weight Obsession



## When Women Stop Hating Their Bodies: Freeing Yourself from Food and Weight Obsession

by Jane R. Hirschmann

★★★★☆ 4.3 out of 5

Language : English  
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Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 383 pages



If you're struggling with food and weight obsession, you're not alone. Millions of people around the world suffer from this condition, which can lead to a variety of negative consequences, including eating disFree Downloads, body image issues, and low self-esteem.

The good news is that it is possible to break free from food and weight obsession and achieve a healthy relationship with eating and your body. In this article, we'll explore the causes of food and weight obsession and discuss some strategies for overcoming this condition.

### What Causes Food and Weight Obsession?

There are a number of factors that can contribute to food and weight obsession, including:

- **Dieting:** Dieting is one of the most common causes of food and weight obsession. When you diet, you restrict your food intake, which can lead to feelings of deprivation and hunger. This can make it difficult to control your eating and can lead to binge eating and other disFree Downloaded eating behaviors.
- **Body image issues:** Body image issues are another common cause of food and weight obsession. When you have a negative body image, you may be more likely to focus on your weight and appearance and to compare yourself to others. This can lead to feelings of inadequacy and shame, which can drive you to diet and exercise excessively.
- **Low self-esteem:** Low self-esteem can also contribute to food and weight obsession. When you have low self-esteem, you may be more likely to believe that you are not good enough and that you need to change your body in Free Download to be accepted.
- **Trauma:** Trauma can also be a contributing factor to food and weight obsession. People who have experienced trauma may use food and weight control as a way to cope with their emotions.

## How to Overcome Food and Weight Obsession

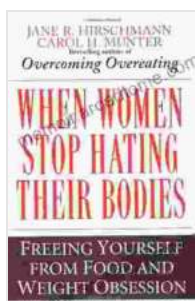
If you're struggling with food and weight obsession, there are a number of things you can do to overcome this condition. Some helpful strategies include:

- **Challenge your negative thoughts:** When you find yourself having negative thoughts about your body or about food, challenge these thoughts. Ask yourself if there is any evidence to support these thoughts. Are you really as fat as you think you are? Are you really as

ugly as you think you are? Chances are, the answer to these questions is no.

- **Practice self-compassion:** Be kind to yourself and accept yourself for who you are. Everyone has flaws, and that's okay. Focus on your positive qualities and remind yourself that you are worthy of love and acceptance, regardless of your weight or appearance.
- **Seek professional help:** If you're struggling to overcome food and weight obsession on your own, don't hesitate to seek professional help. A therapist can help you understand the underlying causes of your obsession and develop strategies for coping with it.

Food and weight obsession can be a difficult condition to overcome, but it is possible. By challenging your negative thoughts, practicing self-compassion, and seeking professional help, you can break free from this obsession and achieve a healthy relationship with eating and your body.



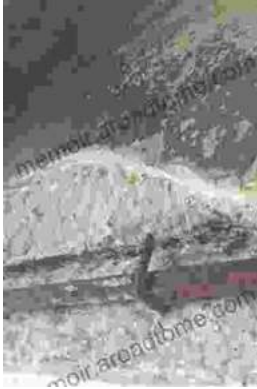
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