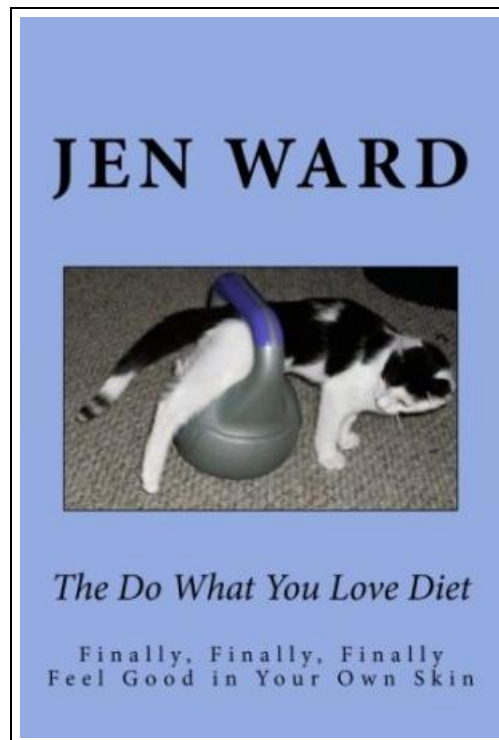


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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. I am not a fitness expert. I am an unfitness expert. I think the problem with some fitness experts is that they don t always know exactly what the person they are assisting is experiencing. One can only have true compassion for an experience they have endured. I truly believe that I have the understanding and compassion for every experience imaginable with unfitness. I have experienced them all. In fact, my life has been one big field study in understanding how anyone who deals with weight issues and self-esteem fails to cope. Anyone who advises simply to eat less and exercise more does not know the gray area of frustration and self-loathing that goes into the inability to do just that. Just keep your mouth closed, right? No. It is not that easy. There are layer upon layer of reasons why people don t just lose weight. Sure, guilt and shame are a part of that, but what is causing the shame goes undetected. Until now. The exercises and tapping series that are provided in this book strip off layers of primal, genetic and emotional issues in regard to overeating. For example, the binge is sometimes the primal urge to hunt and gather. That was such a simpler time in our development that we attempt to conjure it back up by collecting the food, which may create more satisfaction than eating it. Or, eating at large gatherings is so pleasant because in treacherous times, eating with a large group literally signified peace. Because a large meal wouldn t be happening if there was any hint of danger. For some people, being thin triggers past lives when they had starved to death....



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