



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

*Jane R. Hirschmann, Carol H. Munter*

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What do you think would happen if women stopped hating their bodies? We would . . . .

- \* Learn to eat when, what, and how much our bodies need.
- \* Overcome our fear of not dieting.
- \* Look in the mirror and like what we see.
- \* Decode our fat talk to reveal our real concerns.
- \* Stop trying to measure up to society's ridiculous and impossible standards of female beauty.
- \* Learn to accept ourselves -- our bodies as well as our feelings -- unconditionally.

*From the Hardcover edition.*

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