



# Unhooked: A Holistic Approach to Ending Your Struggle with Food

*Laura Dawn*

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## **Unhooked: A Holistic Approach to Ending Your Struggle with Food** Laura Dawn

We know that the primary reason we eat is because our body needs fuel to survive, yet our relationship with food extends far beyond that---it's not just about what we should or shouldn't be eating. It incorporates aspects of our physiology, emotions, behaviors, and thought patterns, and how we feel about our lives, all rooted in a culture that supports and fosters an unhealthy, disordered relationship with food. Despite our repeated efforts, many of us find ourselves falling back into the same habitual patterns around food---habits that keep us overweight and unhappy.

Laura Dawn sheds light on how we get hooked on the food struggle from six primary perspectives: environmental, physiological, behavioral, mental, emotional and spiritual, and provides concrete steps you can take to unhook yourself from the struggle with food.

"Unhooked" cuts through the over-complex and contradictory dieting information flooding the market and provides a clear blueprint for people to step onto the path of vibrant health and freedom from the struggle.

"Unhooked" approaches the pertinent topic of overeating from a multi-dimensional, holistic, and mindfulness-based approach that encompasses the broader perspective of healing our relationship with food from the inside-out. Drawing on a range of easy-to-understand information, Laura Dawn consistently points to nature, to science, to the wisdom traditions and personal experience for the answers so many seek.

"Unhooked" offers a unique framework of solutions, practical tips, a wealth of wisdom and easy to implement advice for anyone struggling with food---whether it be chronic overeating, incessant cravings, food addiction, yo-yo dieting, disordered eating, the inability to eat certain foods in moderation, obsession with weight and preoccupation with food that so many millions of people experience each and every day.

"Unhooked" empowers readers to shift their perspective from food as enemy to food as friend, fueling the transformation to vibrant health and reminds us that we are all worthy to live the healthy lives of our dreams.

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### **From reader reviews:**

#### **John Moore:**

Spent a free time and energy to be fun activity to complete! A lot of people spent their down time with their family, or all their friends. Usually they carrying out activity like watching television, planning to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? May be reading a book can be option to fill your free time/ holiday. The first thing you ask may be what kinds of reserve that you should read. If you want to try out look for book, may be the guide untitled Unhooked: A Holistic Approach to Ending Your Struggle with Food can be very good book to read. May be it could be best activity to you.

#### **Jesse Williams:**

Playing with family within a park, coming to see the sea world or hanging out with buddies is thing that usually you might have done when you have spare time, after that why you don't try thing that really opposite from that. One particular activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love Unhooked: A Holistic Approach to Ending Your Struggle with Food, it is possible to enjoy both. It is fine combination right, you still would like to miss it? What kind of hang-out type is it? Oh can occur its mind hangout people. What? Still don't understand it, oh come on its referred to as reading friends.

#### **Hallie Cathey:**

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#### **Edward Thompson:**

What is your hobby? Have you heard that question when you got college students? We believe that that problem was given by teacher on their students. Many kinds of hobby, Every individual has different hobby. And you know that little person such as reading or as looking at become their hobby. You must know that reading is very important and book as to be the factor. Book is important thing to increase you knowledge, except your current teacher or lecturer. You will find good news or update in relation to something by book. Amount types of books that can you choose to adopt be your object. One of them is actually Unhooked: A Holistic Approach to Ending Your Struggle with Food.

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