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Eating with Fierce Kindness: A Mindful and Compassionate Guide to Losing Weight

Sasha T. Loring

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You Can Change Your Relationship to Food

Eating with Fierce Kindness is not a diet, but a way to revolutionize how you think about yourself and about food. Eating with fierce kindness and compassion toward yourself, instead of shame and self-blame, will empower you to change your relationship to food and see yourself in a whole new light.

This book will guide you toward an understanding of why and how you are eating so you can successfully change your eating patterns. As you learn to reduce the stress and impulsivity that often drives emotional eating, you'll also practice new ways to savor food and finally nourish your body the way it deserves.

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