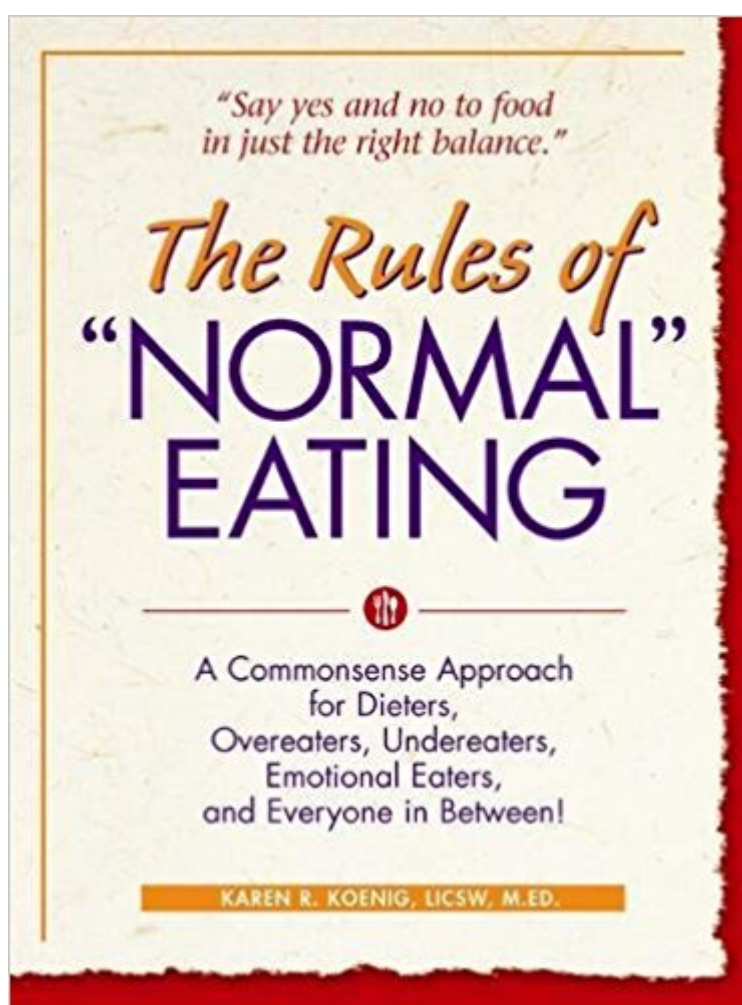


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# The Rules Of "Normal" Eating: A Commonsense Approach For Dieters, Overeaters, Undereaters, Emotional Eaters, And Everyone In Between!



## Synopsis

Written in easy-to-understand, everyday language, *The Rules of "Normal" Eating* lays out the four basic rules that "normal" eaters follow instinctively: eating when they're hungry, choosing foods that satisfy them, eating with awareness and enjoyment, and stopping when they're full or satisfied. Along with specific skills and techniques that help promote change, the book presents a proven cognitive-behavioral model of transformation that targets beliefs, feelings, and behaviors about food and eating and points the way toward genuine physical and emotional fulfillment. Readers learn how to reprogram their dysfunctional beliefs, manage uncomfortable feelings without turning to food, and establish new eating habits that tune their bodies into natural sensations of hunger, pleasure, satisfaction, and satiation. Filled with humorous insights, compassion, and practical wisdom, the book outlines balanced attitudes and patterns that benefit all types of eaters.

## Book Information

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## Customer Reviews

Karen R. Koenig Contributor residences (Roxbury, MA): Psychotherapist and educator, former chronic dieter and world-class binger, Karen Koenig, LicSW, M.Ed. transformed herself from overweight and unhappy to fulfilled and weight-comfortable by learning to become a "normal" eater. She is a clinical social worker in private practice with more than 20 years' experience helping hundreds of compulsive, emotional, and restrictive eaters learn to eat normally. A skilled and dynamic teacher, Ms. Koenig runs graduate social work and psychology continuing education programs in eating and weight management, where she teaches her "normal eating" model. She is

a founding member of the Greater Boston Committee of the Massachusetts Eating Disorders Association, and is an active member of the National Association of Social Workers, Massachusetts Chapter Private Practice Committee. As a frequent contributor to Focus, NASW's state publication, Ms. Koenig has written columns on eating, weight, and body image problems. Her personal essays have been published in The Boston Globe, The Boston Herald, and other local and national publications. She was a semifinalist in the 1999 Massachusetts Film Office Screenwriting Contest and received a Certificate of Achievement in the 1996 Writer's Digest Literary Short Story Contest. Over the past three decades, she has been interviewed on radio, television, and in print and served as spokeswoman for groups such as 9 to 5, Organization of Women Office Workers, the FACE Program, and the Self-Esteem Boston Educational Institute.

If you struggle with emotional eating and have suffered through years of yo yo dieting, this book is guaranteed to help you get closer to eating the way you know you are meant to. I keep it in my room in plain sight so I can go to it when I feel I need some guidance, and someone to tell me I'm not messed up, and what I am going through is understandable. Koenig also makes you feel hopeful. I am not saying after one read through your eating issues will be resolved, but if you read it and then use it as a manual for help, and you re-read some of her advice, it will definitely help you get closer to being a normal eater. This is a process (just like developing disordered eating was a process), be patient, and read this :)

The author, an expert in the field of Disordered Eating, sheds valuable light on what she calls "Normal" eating. Pay close attention to those quotation marks, because she's not talking about the way most people eat. It's not that kind of Normal. Normal that isn't in quotes (i.e., what we see most people doing all around us, and we may have grown up with) would be unhealthy processed or take-out food, consumed in excess, which seems to be how most people eat. She's referring (in my opinion) to SANE eating, mindful eating, intelligent eating, which is the reason for the quotation marks. It's eating in accordance with how the body was designed to take in and metabolize nourishment. What would be normal if we were not surrounded by food we don't need and constantly being urged to eat. Eating sanely, and with awareness of why we're eating and what we need, requires an intelligent way of THINKING about food, and that's what she provides here. She helps the reader assess the questions, "Am I hungry?" "What do I need?" "How much of it do I really need?" "Is this smart?" "What do I really want?", etc. So buy the book and remember that "Normal" means Sane, not the crazy kind of eating we see so much of in people who let the advertising

industry tell them what to eat, and feel obligated to "clean their plate," and eat way more than is healthy for them, just to be sociable. I've learned a lot from Karen Koenig about what she calls "Normal" eating and I call Sane Eating. Same thing. Eating to nourish the body and soul (chocolate has its place in our lives), not to abuse them.

Karen writes a wonderful book to help disregulated eaters learn to listen to their bodies, trust themselves, and start a journey toward healing. I have tried SO many diets and frustrated doesn't even begin to describe how I was feeling when I desperately googled for help. What I found was a path toward normal eating and sweet relief from the horrible cycle of dieting. I recommend this book to anyone who has tried a diet and had it fail. Dieting wasn't the right path for me and it took me way too long to find my way. I started with this book and read all of Karen's other books as well. This gives you a step by step "guide" to learning how to get in touch with your hunger, figuring out how your body tells you what it needs, and most importantly, what to do when you want to eat but you KNOW you aren't hungry! Usually there's something else going on underneath that hunger and this book helped start me on a path to understanding my needs more clearly. I highly recommend!!

If you are looking more for a psychological assessment for yourself and to dig into why you eat the way you do, and more so why you feel the way you feel, then this is for you. I wasn't wanting to psychoanalyze myself, just get tips and exercises to know what real hunger feels like, eat more mindfully, etc. This isn't totally what I was looking for, but a small section does address specifically what I was looking for. If you are looking more for practical applications of mindful eating tips, look elsewhere.

On chapter 4. It is a great book, easy to read, and easy to comprehend. I am starting to implement the suggestions the book makes, of course when you've struggled with weight all your life, there is no quick fix. I feel this book is getting the core of why a person has issues with over or under eating. And if really applied it can help someone take control over their thought process, and emotional issues that lead to overeating at least in my case. I encourage anyone who wants to make changes in their relationship with food to purchase this book. You will not be disappointed.

Wow! Is she spot on or what! This is a great book even for people who don't have an eating disorder. For those who occasionally overeat at Thanksgiving and parties, etc. She does a really good job at describing the problems people can have with eating, even explaining why most people

feel the need to unnecessarily finish their plate because they've never learned how to listen to their bodies to tell when they're full! Really insightful, great and easy read. I would recommend to anyone.

Anyone who has struggled with a weight problem can tell you-it's not about diet and exercise!!Most of us (I definitely include myself here) have been on more diets than we care to think about and understanding how to combine(or eliminate) our carbs and proteins, track our points,read our labels etc.is not the issue. The issue is WHY do we eat when we aren't hungry and WHY do we keep eating when we are satisfied???This book has helped me to start really exploring these questions- I am highlighting constantly- the insights I am gaining are simply profound. I recommend this book 100% to anyone who struggles with their weight.It's helping me to recognize the beliefs behind my behaviors and offering hope of true change.

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