

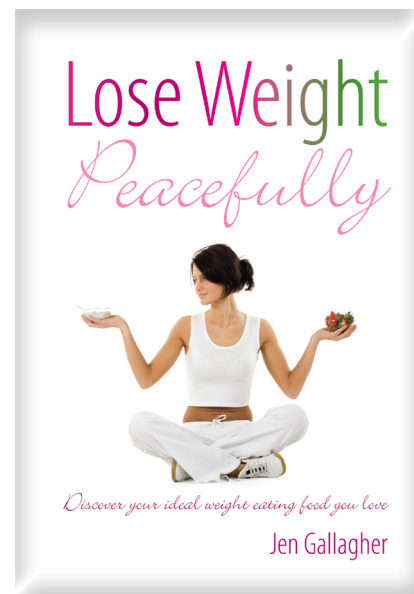
LOSE WEIGHT

Peacefully

Discover your ideal weight eating food you love

By Jen Gallagher

Imagine spending no more time, energy and money on diets, losing weight or food obsessions. Imagine yourself completely at peace with the food you eat. You eat when you are hungry and choose to acknowledge your feelings instead of eating them. Even better, you naturally find yourself becoming your ideal weight and accepting yourself for who you really are.



Who really wants to lose weight? Not just for a few months but for life? *Lose Weight Peacefully* reveals the simple way to lifelong weight loss. This book will guide you to discover your ideal weight by developing a peaceful, positive relationship with food.

Join Queensland author Jen Gallagher, a counsellor, aromatherapist and teacher, as she shares the insights and hard-won secrets on her journey to permanent weight loss and a new-found contentment with herself. Jen reveals the breakthrough that led her to make peace with food and lose 30 kilograms in the process. Her understanding and compassionate words will help guide those struggling with diet and food obsessions to an alternative way to lose weight.

The word “diet” conjures up so many disturbing, negative thoughts of deprivation, cravings for the foods we think we love, desperate obsessions, binge eating and starvation in a losing battle against weight gain and a never-ending war on food. *Lose Weight Peacefully* offers a deep understanding of how negative thoughts, feelings and outside influences drive us to overeat. The book presents how to change these negative thoughts and feelings about food forever.

Countless people have tried myriad fad diets where they lose a few kilograms only to find themselves piling on even more weight afterwards. Stop the dieting merry-go-round, the obsessional behaviour that accompanies it and make peace with food. *Lose Weight Peacefully* gives you the tools to win a peaceful revolution against the dieting. Learn how to eat when your body is hungry, to see food as energy and to fuel your body efficiently. Learn how to no longer overeat because of deep-set emotions, stress, bad habits and cravings. Jen also shares her Insights into Peace, daily practices that help put a new perspective on the issues of food, feelings and life as they arise.

Jen’s candid telling of her childhood trauma reveals how she developed her coping strategy: “a war with food.” When she wasn’t bingeing, she was dieting and obsessing about what she should or shouldn’t eat. Jen took this pattern into adulthood, spending huge amounts of time, energy and money focusing on diets and looking for a solution. When she finally realised that she had to make peace with food, profound changes occurred. Jen shares how she was inspired to give up dieting forever and how she lost weight anyway.

Read Jen’s book for her weight-loss journey and discover how it can change your life.

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**To arrange an interview please contact Jen Gallagher on
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