

The Comprehensive Guide to Treating  
Binge Eating Disorder, Compulsive Eating,  
and Emotional Overeating

# Beyond a Shadow of a Diet

Second Edition



Judith Matz and Ellen Frankel



# Beyond A Shadow Of A Diet Beyond A Shadow Of A Diet

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## **Beyond A Shadow Of A Diet Beyond A Shadow Of A Diet:**

**Beyond a Shadow of a Diet** Judith Matz, Ellen Frankel, 2024-05-20 Now in its third edition *Beyond a Shadow of a Diet* is the most comprehensive book available for professionals working with clients who struggle with binge and emotional eating chronic dieting and body image Divided into three sections The Problem The Treatment and The Solution this book is filled with compelling clinical examples visualizations and exercises that professionals can use to deepen their knowledge and skills as they help clients find freedom from preoccupation with food and weight New research on diet failure health weight and weight stigma makes a case for why clinicians must reflect on their own attitudes and biases to understand how a weight loss focus can harm clients In addition to addressing the symptoms dynamics and treatment of eating problems this book presents a holistic framework that includes topics such as cultural ethical and social justice issues the role of self compassion and promoting physical and emotional well being for people of all shapes and sizes Drawing from the attuned eating and weight inclusive frameworks this book serves as an essential resource for both new clinicians and those interested in shifting their clinical approach Trauma informed and filled with compelling client stories and step by step strategies *Beyond a Shadow of a Diet* offers professionals and their clients a positive evidence based model for making peace with food their bodies and themselves

**Beyond a Shadow of a Diet** Judith Matz, Ellen Frankel, 2004-06-01 *Beyond a Shadow of a Diet* provides concrete steps for establishing a normal relationship with food and methods for understanding and treating the psychological aspects of compulsive eating

**Beyond a Shadow of a Diet** Judith Matz, Ellen Frankel, 2014-04-03 *Beyond a Shadow of a Diet* is the most comprehensive book available for professionals working with clients who struggle with Binge Eating Disorder Compulsive Eating or Emotional Overeating The authors present research revealing that food restrictions in the pursuit of weight loss actually trigger and sustain overeating Next they offer step by step guidelines to help clients end the diet mentality and learn an internally based approach known as attuned eating Divided into three sections The Problem The Treatment and The Solution this engaging book contains chapters filled with compelling case examples visualizations and other exercises so that therapists can deepen their knowledge and skills as they help clients gain freedom from preoccupation with food and weight In addition to addressing the symptoms dynamics and treatment of eating problems *Beyond a Shadow of a Diet* presents a holistic framework that goes well beyond the clinical setting This invaluable resource includes topics such as the clinician's own attitudes toward dieting and weight cultural ethical and social justice issues the neuroscience of mindfulness weight stigma and promoting wellness for children of all sizes Drawing from the Health At Every Size paradigm and the wealth of research examining the relationship between dieting weight and health *Beyond a Shadow of a Diet* offers both therapists and their clients a positive evidence based model to making peace with food their bodies and themselves

**The Diet Survivor's Handbook** Judith Matz LCSW, Ellen Frankel Ph.D, 2006-02-01 The best non diet book for those looking to embrace a positive and satisfying relationship with food This empowering guide crafted by experts in the

fields of nutrition psychology and self development offers a refreshing approach to breaking free from the dieting cycle and cultivating a healthy relationship with food and body In this comprehensive handbook you ll uncover sixty practical and insightful lessons that will help you embrace your unique body and nurture it with compassion Say goodbye to restrictive diets and hello to a sustainable lifestyle centered around nourishment and self love Each lesson is strategically designed to guide you through the challenges of diet culture emotional eating and body image struggles empowering you to reclaim your autonomy over your health and well being

**Holistic Approach** Discover a comprehensive blend of nutrition knowledge psychological insights and self care techniques to support your well being on all levels

**Mindful Eating Practices** Learn to listen to your body s cues identify emotional triggers and develop a healthy relationship with food through mindful eating techniques

**Body Positivity and Acceptance** Embrace body diversity and let go of negative self talk cultivating a positive body image and self acceptance

**Self Care Rituals** Explore practical self care practices to prioritize your mental emotional and physical health as a part of your daily routine

**Empowering Lessons** Each of the sixty lessons is expertly crafted to boost your confidence resilience and determination on your journey towards lasting transformation

**Science Backed Guidance** Backed by the latest research in nutrition and psychology the handbook provides evidence based strategies for sustainable change

**Real Life Success Stories** Gain inspiration from relatable success stories of individuals who have triumphed over dieting struggles and embraced a life of freedom and self love

Whether you re a long time dieter seeking liberation or someone looking to develop a healthier relationship with food this handbook is your indispensable companion on the path to healing growth and self discovery Join the movement towards body positivity mental well being and nourishment

**Beyond a Shadow of a Diet** Judith Matz, Ellen Frankel, 2024 Now in its third edition Beyond a Shadow of a Diet is the most comprehensive book available for professionals working with clients who struggle with binge and emotional eating chronic dieting and body image

Divided into three sections The Problem The Treatment and The Solution this book is filled with compelling clinical examples visualizations and exercises that professionals can use to deepen their knowledge and skills as they help clients find freedom from preoccupation with food and weight

New research on diet failure health weight and weight stigma makes a case for why clinicians must reflect on their own attitudes and biases to understand how a weight loss focus can harm clients

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Drawing from the attuned eating and weight inclusive frameworks this book serves as an essential resource for both new clinicians and those interested in shifting their clinical approach

Trauma informed and filled with compelling client stories and step by step strategies Beyond a Shadow of a Diet offers professionals and their clients a positive evidence based model for making peace with food their bodies and themselves

**Beyond Measure** Ellen Frankel, 2006-09-01 A touching tender and at times funny account of a woman s struggle for stature in a 4 foot 8 inch tall

body Beyond Measure speaks to the heart of soul breaking attempts to fit an arbitrary and elusive cultural ideal of physical perfection Being short isn't the problem Ellen Frankel insists Instead the real difficulties lie in the social bias against short people Frankel shares the difficulties of living short in a world in which stereotypes are based on gender and size She moves beyond her own experience into the political realm in revealing how pharmaceutical companies with government backing are expanding the market for human growth hormone treatment by reclassifying healthy short children as patients in need of such injections in hopes of making them taller She shares the dilemma of being subjected to simultaneous messages that her physical body should be bigger that is taller but not wider while her expansive spiritual body should be smaller Self destructive behaviors emerge from too much attention on the external rather than the internal workings of the soul Frankel flirts with eating disorders and unhealthy relationships with powerful males in an attempt to compensate for her feelings of not measuring up In the process her real self slips farther away The path out of her dilemma lies in the shadow of the tallest mountain on Earth It is through a spiritual pilgrimage to Nepal that Frankel discovers her own strength and spirit and that we are all dwarfed by Everest and beyond measure If you have ever measured your height or weight and felt good or bad about yourself as a result you need this book says Marilyn Wann author of FAT SO Because You Don't Have to Apologize for Your Size In its pages Ellen Frankel makes an important contribution to human liberation by telling the most fabulous story that can be told the story of a person coming fully into her own This book is thought provoking heart rending and a genuine solace for people of all sizes

*Thrive at Any Weight* Nancy Ellis-Ordway, 2019-10-07 A psychotherapist of 30 years Nancy Ellis Ordway explains how she helps people get off the weight loss roller coaster make peace with food and their bodies and improve their health to find happiness and a better quality of life Widespread publicity about the war on obesity has led to pervasive anxiety distress and shame about eating says psychotherapist Nancy Ellis Ordway Many people feel at war with their bodies rather than at home in large part because of weight stigma and the unrelenting pursuit of thinness in America This book offers a detailed approach for change with a particular focus on the message we give ourselves when we eat exercise and interact with other people This process incorporates operating from an internal locus of control as a way to improve self esteem Ellis Ordway in contrast to the diet mentality that is full of restrictions first has clients focus on building self esteem and growing a desire for self care She teaches clients to develop an ability to listen to their own bodies for guidance to eat for physical and mental health The better we listen to and fulfill our body's needs she explains the better our self esteem and health becomes and the more we believe we are worth it and are able to meet our objectives

*Weight and Wisdom* Nancy Ellis-Ordway, Tigress Osborn, 2025-01-01 Over the last 50 years in the United States the medical establishment the beauty industry and the mainstream media have relentlessly forwarded the belief that fat is unattractive and unhealthy While many believe that anti fat ideas went unchallenged until the rise of body positivity there have always been resistors In the worlds of eating disorders treatment Health at Every Size advocacy and fat activism challengers to our

cultural narratives have championed another way for decades In this collection 34 of those trailblazing rebels against body oppression voice the history of challenging the status quo and working to create a world where all bodies are valued The result is a multifaceted compilation of stories from researchers legal experts clinicians scholars and activists who pushed back against weight bias and all its various harmful practices and outcomes Through interviews and personal essays Weight and Wisdom documents untold stories reflects on shortcomings and successes and invites readers to continue cross generational dialogues to ensure body liberation

**The British National Bibliography** Arthur James Wells,2006

*Secrets of Eternal Youth* V. G. Rocine,1928

## Decoding **Beyond A Shadow Of A Diet Beyond A Shadow Of A Diet**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Beyond A Shadow Of A Diet Beyond A Shadow Of A Diet**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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