
Body Clutter: Love Your Body, Love Yourself

Posted by Tara - 2007/01/01 17:43

Body Clutter: Love Your Body, Love Yourself

What do people think of this book? I just ordered it and should get later this week.

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Re:Body Clutter: Love Your Body, Love Yourself

Posted by grizzlys4 - 2007/01/02 00:46

Hey Tara!! I've got that book!

I tried starting it last year with a group, but it petered out. I would like to try again.....getting thru some of the emotional eating reasons and difficult childhood stuff was tough.....I don't like to go there.....but it's very enlightening!!

I do plan on starting again and I got the Body Clutter control journal too.....but it's not really necessary.....just has the places to do the little homework-type things. I'll definitely let you know as I "baby step" my way thru the book again!!

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Re:Body Clutter: Love Your Body, Love Yourself

Posted by Tara - 2007/01/10 14:32

I'm about half way through the book and I think it's great. The authors tell it like it is. It's probably the first time I have seen people talk that openly about what it's really like being overweight.

I find it a pretty easy read too!

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Re:Body Clutter: Love Your Body, Love Yourself

Posted by heatherb123 - 2007/01/10 18:54

I just ordered it....went to the doctor today for reevaluation of my thyroid; I have hypothyroid...have gained tons of weight and am doing weight watchers and thought this book might help. I would love to chat about it!! I must say, I sure do miss Starting Over.

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Re:Body Clutter: Love Your Body, Love Yourself

Posted by grizzlys4 - 2007/01/11 03:53

Okay.....so one of the early parts of the book deals with the whys of our eating style and emotional trigger/learned habits from childhood.

I have several.....but the main one is that very simply....food really did love me. My parents didn't (still don't) but food always made me FEEL good and not feel like I wasn't good enough.

So it's been tough.....but we're really taking out all treats/sugar and empty carbs out of the house. I've passed my bad habits on to my kids. So, although they're loved fiercely....they do have the same habit of getting a "high" from food.

How about you all???

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Re:Body Clutter: Love Your Body, Love Yourself

Posted by mazy - 2007/01/12 00:08

grizzlys4 wrote:

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How about you all???

Reward... is what comes to mind for me. As a child... I was rewarded with food.

Being tired definitely triggers food thoughts, eating and/or overeating.

Feeling frustrated is also one of my triggers.

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Re:Body Clutter: Love Your Body, Love Yourself

Posted by mazzy - 2007/01/12 21:36

mazzy wrote:

grizzlys4 wrote:

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Being tired definitely triggers food thoughts, eating and/or overeating.

Feeling frustrated is also one of my triggers.

Dignity of choice also comes to mind... as a small child... I was a good girl and ate what I was told to eat... as I got older I liked certain salty, spicy foods, and out of love and concern for my health limitations were put on my food choices. As an adult I understand why the limitations were made, but I believe today that I should have had the choice.

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Re:Body Clutter: Love Your Body, Love Yourself

Posted by grizzlys4 - 2007/01/13 04:13

Yes Mazzy.....choice really is the critical word!

It's about choice and control instead of lack of control. Like many, I think food WAS one of the very few, if any, choices that I got to make! So for me to choose the sugar.....it was because I felt "good".....not understanding the chemical reactions nor the complications of becoming a sugar addict!!

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Re:Body Clutter: Love Your Body, Love Yourself

Posted by mazzy - 2007/01/13 09:40

For me... one of the hardest job as a mother was and still is... is to step aside and allow my daughter to make her own choices... and then to always be there if it doesn't turn out the way she expected.

I believe if as I child... if my choices were not as controlled or restricted... I would not feel the need to overeat to compensate my feelings of being deprived... if I chose to overeat and got sick I wouldn't do it too often... or if it wasn't restricted... I would have lost interest.

Body Clutter is a great name for a book. Body clutter is such an individual thing. I can see how people may react differently to the same situation. I guess it just goes to show that there is no one set answer for everyone... it really is an individual journey.

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Re:Body Clutter: Love Your Body, Love Yourself

Posted by grizzlys4 - 2007/01/14 04:44

So true! And I love the way Flylady (and SparkPeople too) have utilized the group approach yet allow for individualization!! The support and accountability help, but don't make us feel like we should all act/react the same.

I see the awareness in me of my choices vs. my mindless eating!! I still have a long way to go....but these babysteps are wonderful!

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Re:Body Clutter: Love Your Body, Love Yourself

Posted by mazy - 2007/01/20 12:15

Body Clutter is a great name for a book... how is this book different from most books about weight loss?

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Re:Body Clutter: Love Your Body, Love Yourself

Posted by andrea_is - 2008/05/29 01:34

I thought this book was okay but I not really impressed with it.
