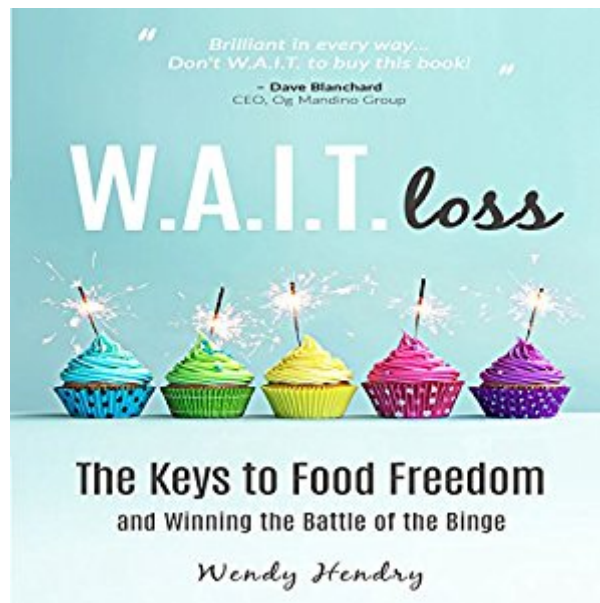




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# W.A.I.T.loss: The Keys To Food Freedom And Winning The Battle Of The Binge



## Synopsis

Have you ever "felt fat"? Do you beat yourself up when one bite of cookie dough turns into eating the whole batch? Have you dieted yourself into a larger dress size? Are you frustrated because hours of exercise have produced zero results? If you have answered yes to any of these questions, you are not alone. Studies show that 75% of women suffer from some type of eating disorder. Whether it's bingeing, bulimia, or another addiction, the good news is there is hope. W.A.I.T.loss: The Keys to Food Freedom and Winning the Battle of the Binge is about Wendy Hendry's journey to recovery from 35 years of binge eating and food addiction. Like many others stuck in their own cerebral food prison, Wendy dieted and binged her way into obesity. Learning the keys to physical and mindful health that she shares in her book, Wendy was able to heal her body as well as free her mind. Now a certified Health Coach and Fitness Trainer, Wendy's W.A.I.T. (What Am I Thinking?) and Click approach to recovery has helped hundreds of others find that same freedom. Most diets teach how to lose weight, but only through changing daily habits can weight loss be maintained. Weight loss should be a natural consequence of healthy living. This book will help you find that. W.A.I.T.loss: The Keys to Finding Food Freedom and Winning the Battle of the Binge is the perfect combination of storytelling, common sense, humor and scientific proof that recovery is possible. If you need help with bingeing, food addiction, chronic dieting or just simple weight loss, don't W.A.I.T. any longer!

## Book Information

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## Customer Reviews

Very insightful and helpful read.

This book has made such a huge impact for me. I have dealt with binge eating most of my life. I felt like the victim against my food cravings. After years of trying to control/fix my problem with Overeaters Anonymous, counseling, diet plans, and even hypnosis...I finally found something that clicks for me. This book gave me a whole new insight to how my brain works and how to overcome those cravings. I finally feel like I have power/strength to develop a healthy relationship with food. I am forever grateful for this book.

I read this book because Kathryn Hansen recommended. The first half I did not care for as it is what we all know already and have heard a million times before. Food advice which sounds like diet talk to me. She also talks about tracking your food and recommends OA or weight watchers for support if needed ( which I've done all 3 and all were restriction which caused bingeing for me when I stopped so this is not good advice from someone stating they are against diets).Then she talks about Kathryn Hansen's book (who wrote great books!) and just does a short summary. Again already stuff I knew (although if someone is not familiar with Brain Over Binge and this brief overview gets them to Kathryn's books then great).The one thing I did take away that was new was the clicker method she recommended as you use a clicker when you resist urges and try to get more clicks as a reward. I will try that and see if it works for me. So I give it 3 stars for that one new idea I got out of the whole book.

Wow, I have been waiting for a book like this for years. Anyone can diet, but who can diet for life? This book goes way beyond restriction. This author gives you the brain power to succeed at living a healthy life.Thank you and thank you to the author for offering this book FREE! It is a life changer. I paired it with the audible version . Hearing and seeing definitely help with understanding and applying.

Before I read this W.A.I.T book, I had read many books regarding diet, health and fitness. Some were OK, so were SO-SO while others were not helpful at all in my opinion. Honestly, I read this book from cover to cover and it was so meaningful for me, I could NOT put it down!If I could summarize my opinion of this book in one sentence, this is my sentence:This book is the best book I have read regarding improving health and losing weight!Pros of this book:1 The Self Evaluation section. This section has 3 parts: Physical questions, Mindful and Motivation. Listed are basic

questions where one can determine what changes can be made in lifestyle/health that will impact weight loss and a healthy body.<sup>2</sup> Lifestyle change...Wendy explains that this is not a diet book, nor a drastic weight loss program, moreover, it is about working with the body, mind and spirit that will first of all improve health and then weight loss (safely) will follow.<sup>3</sup> Wendy has lived with binge eating, diets and more wrong types of eating in the past. In her journey she found healthy ways for obtaining better overall health and weight loss and she shared her own journey in this book.<sup>4</sup> Wendy's Key 1 When to eat was the most helpful section in my opinion. This was my favorite section of all because she says to eat small portions every 2 to 3 hours. This is just what I need because I have low blood sugar and get shaky and nervous when I wait longer than 3 hours to eat.<sup>5</sup> Her next two sections cover what to eat and then how much to eat and then a superb section regarding exercise. Especially meaningful to me were the tables which listed the GI numbers on foods (lower number is better). Since I have low blood sugar, I have to eat the lower GI foods (foods under 70 GI) so I have energy. I have taken notes of the YES foods that I will be eating nkw thanks to this helpful table/chart.<sup>6</sup> The Protien section is exceptional! In this section, Wendy has another table/chart listing 3 ways one can consume protien: Meat, Dairy, or Vegan. Since I eat very little meat and fish and I am more of a part time vegan (I eat mainly veggies) (but I still eat eggs and low fat dairy cheese three to four times weekly), this section is also my favorite part of this book.<sup>7</sup> Weight loss and health reasons I love this book .... From time to time, I gain 5 to 10 pounds over my body ideal body weight (105 to 110 pounds) and I want to lose it in a healthy manner. For me, this book is EXACTLY what I had been looking for.<sup>8</sup> There are plenty of table/charts in this book with helpful info. This was a huge visual aid and one of the book's best features.<sup>9</sup> Actually, all of this book, I found helpful. It was a joy to read this very well researched and professionally written book!! highly recommend this superb and exceptional book to anyone who wants to make a healthy lifestyle change and also lose weight!

Interesting way to train your thought process about losing weight.

Some of the books out there for binge eating are so cumbersome and difficult. This book was an easy read with great information in easy to understand language. I finished it in less than twenty four hours.

I've been an addict to something all my life. Finally, when I seem to have conquered those, I find I'm attracted to food. This author was recommended to me by a professional health coach. I was a little

skeptical before reading it but I became desperate. The first time I read the book it didn't touch me. I realized I had not followed the directions and challenges. This second time I'm writing things down, taking notes, and trying to be aware as I go along. Within about 25 pages, I'm seeing changes in my thought patterns and physical feelings toward food.

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