



CONSUMED



www.AmIHungry.com A voice of reason for a society consumed by dieting, weight, food, and eating. Vol. III Issue 3

NEW BOOK - *EAT WHAT YOU LOVE, LOVE WHAT YOU EAT: HOW TO BREAK YOUR EAT-REPENT-REPEAT CYCLE*

Do you regularly deprive yourself, succumb to temptation, feel guilty, and then start the process all over again? If so, you *need* this book.

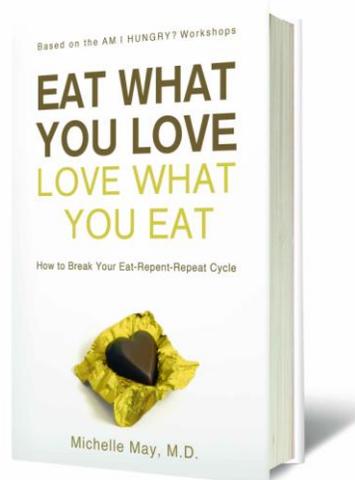
Dr. Michelle May will guide you out of the food-focused, diet-driven downward spiral that leads you to eat, repent, and repeat. She offers a powerful alternative: end your love-hate relationship with food and start eating mindfully and joyfully.

After twenty years of yo-yo dieting, family physician Michelle May discovered a peaceful, joyful relationship with food. With down-to-earth language and uncommon sense, she offers a rare prescription for optimal health of the body, mind, heart, and spirit. Dr. May will help you:

- Stop obsessing about food and start loving it
- Resolve mindless and emotional eating
- Rediscover when, what, and how much to eat *without* restrictive rules
- Learn the truth about nutrition in clear and practical terms
- Stop using exercise as punishment for eating
- Experience the pleasure of eating the foods you love—without guilt or bingeing
- Develop powerful patterns of thinking to live the balanced, vibrant life you desire

Eat Mindfully, Live Vibrantly!

Eat What You Love, Love What You Eat: How to Break Your Eat-Repent-Repeat Cycle is the antidote to ineffective dieting. No more rigid rules, strict exercise regimens, questionable drugs, or food substitutes. This book will soon have you eating the foods you love without fear, without guilt, and without bingeing. With your new, powerful patterns of thinking, you'll create the vibrant, healthy life you deserve.



*Named Best Health Book 2009
(National Book Awards)*

About the Author

Michelle May, M.D., a recovered yo-yo dieter and founder of the award-winning Am I Hungry?® Workshops, shares deep insights and a compassionate, constructive approach to living a vibrant, healthy life. A board certified family physician with

fourteen years of clinical experience, Dr. May has served as President of the Arizona Academy of Family Physicians and the Chairperson for the Americans in Motion wellness initiative for the 93,000-member American Academy of Family Physicians (AAFP).

Dr. May has been featured on Discovery Health Channel and Oprah and Friends Radio with Dr. Oz. She has been quoted in Body+Soul, Health, Fitness, Parade, Parents, Self, USA Weekend, US News & World Report, Vim & Vigor, WebMD, Weight Watchers, Woman's World, and many others.

Michelle cherishes her relationships with her two children, Tyler and Elyse, and her professional chef husband, Owen, with whom she shares a passion for gourmet and healthful cooking. Many of their favorite recipes are included in *Eat What You Love!*

Available Everywhere

Eat What You Love, Love What You Eat is available at Barnes & Noble, Borders, and your favorite independent book retailer (if it's not on the shelf, ask them to order more). You'll also find it online at www.Amazon.com and www.AmIHungry.com.

Michelle May, M.D. is a recovered yo-yo dieter and the author of *Eat What You Love, Love What You Eat: How to Break Your Eat-Repent-Repeat Cycle*. Find other articles and resources at <http://AmIHungry.com/>.