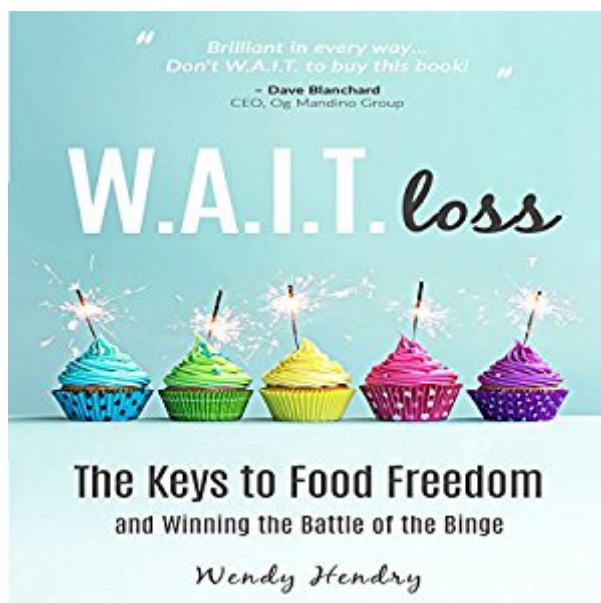


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# W.A.I.T.loss: The Keys To Food Freedom And Winning The Battle Of The Binge



## 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

Utah author and fitness expert Wendy Hendry is sharing her technique and approach to the obesity battle with this delightful, wise, challenging and completely accessible book that presents her credentials in a crowded field of health and fitness. She received her academic training in Microbiology from Brigham Young University and is co-founder of Biolynk Corporation, an Antibody Recruitment Company. She also is the owner and trainer of Sweaty Chix Fitness, where she has motivated people in her role as Health and Wellness Coach and entrepreneur, praised for her expertise in nutrition as well as fitness: her W.A.I.T. and Click Approach to mindful eating has influenced thousands more to overcome food addictions and unhealthy habits. We get a strong idea of where we are going with this guide from Wendy's Self Evaluation: "When I first started my health journey, I did a self-evaluation to determine where my current reality was. I was shocked to take the same evaluation a year later and see how far I had come. I promise if you begin applying the keys here, you will see amazing personal improvement in both your physical and mindful health. Let's start then by focusing on YOU. I highly encourage you to grab a piece of paper, write down where you are now, and then compare it to where you are in six months or a year from now. Breaking free from any addiction, including food, requires a change in habits, both physical and mental. It takes time for habits to develop, and sometimes the change is gradual. This self-evaluation is a great way for you to see how far you have come. And don't get me wrong. You WILL begin feeling better right away. The thing is as each key principle becomes more firmly entrenched in your brain, your life and health will just keep getting better and better!

Before I read this W.A.I.T book, I had read many books regarding diet, health and fitness. Some were OK, some 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. 2 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. 3 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. 4 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).

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