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Titolo	Body kindness : transform your health from the inside out--and never say diet again // Rebecca Scratchfield
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ISBN	0-7611-8975-0
Descrizione fisica	1 online resource (297 pages)
Disciplina	144
Soggetti	Humanism
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Choosing body kindness: the path to transforming your health -- Eating with body kindness: free yourself from food rules -- Fitness for your life: choose what works for you -- Sleep: the secret superpower for spiraling up -- All feelings matter: how bad feelings are good for you -- Make room for more fun: feel better, do better -- Bouncing back and growing stronger -- Body kindness enhances resilience -- Decide what you stand for: set values-driven goals for success -- Transform your health with action -- Planning and time management for success -- Befriend yourself: the beautiful power of self-compassion -- Nurture your closest connections -- Spiral up with those who matter most -- Build your body kindness tribe: your "people" will inspire you -- What I've learned.
Sommario/riassunto	"Imagine a graph with two lines. One indicates happiness, the other tracks how you feel about your body. If you're like millions of people, the lines do not intersect. But what if they did? This practical, inspirational, and visually lively book shows you how to create a healthier and happier life by treating yourself with compassion rather than shame. It shows the way to a sense of well-being attained by understanding how to love, connect, and care for yourself--and that includes your mind as well as your body"--