



## **Body Kindness: Transform Your Health from the Inside Out—and Never Say Diet Again**

*Rebecca Scritchfield*

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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.

*Body Kindness* is based on four principles.

**WHAT YOU DO:** the choices you make about food, exercise, sleep, and more

**HOW YOU FEEL:** befriending your emotions and standing up to the unhelpful voice in your head

**WHO YOU ARE:** goal-setting based on your personal values

**WHERE YOU BELONG:** body-loving support from people and communities that help you create a meaningful life

With mind and body exercises to keep your energy spiraling up and prompts to help you identify what YOU really want and care about, *Body Kindness* helps you let go of things you can't control and embrace the things you can by finding the workable, daily steps that fit you best. Think of it as the anti-diet book that leads to a more joyful and meaningful life!

## **Body Kindness: Transform Your Health from the Inside Out—and Never Say Diet Again Details**

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Author : *Rebecca Scritchfield*

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## **From Reader Review Body Kindness: Transform Your Health from the Inside Out—and Never Say Diet Again for online ebook**

### **Jessica says**

Another recommendation from my nutritionist, so I bought it, but... \*deep sigh\*

"Not a diet book" seems to be the latest diet slogan? I don't have a history of dieting. I have had diabetes since childhood so do have some food issues... But food is a symptom, not a cause. I also have depression and am on Lexapro -- which is wonderful but the combination caused me to gain about 40 pounds in 2 years. So yes, I'm overweight, hence my GP sending me to the nutritionist. But focusing on food isn't going to fix that. And my nutritionist and I talked about that before she recommended this book to me, so now I'm a little annoyed with her. And some of the goal setting stuff includes suggestions my therapist advised against (for me), so I'm going to set this aside.

This book has the assumption its readers are neurotypical and healthy. If that's you, and you have a history of dieting, you are the prime audience. Maybe it will help you. I really don't know.

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### **Gala says**

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### **Ashley says**

Best for: People looking for a personal growth book that wraps all of the big ideas into one fancy-feeling book.

In a nutshell: Different ways of looking at how to treat yourself well - body, mind and spirit.

Line that sticks with me: "Think about whether the choice will matter to you in a year."

Why I chose it: I was in one of those stores that sells a lot of cool-looking things for the home (pillows, candles, clever cards), and this book looked and felt like a fun read.

Review: There is nothing wrong with this book. In fact, I think that 22-year-old me might have gained a lot from reading it. I like the author's focus on being kind to yourself and not focusing on a lot of things we cannot do (there's no "don't eat after 10 PM"-style rules). I like that she doesn't just look at food and movement, but at feelings and even our values.

I just didn't feel like there was anything new in here save for the fact that it's all together in one book. If you're relatively young, or have never read any sort of personal growth book but are having some struggles with your life, you could certainly do worse than this book.

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### **Kelly Lynn Thomas says**

This book was interesting and made a lot of good points (health isn't determined by weight; it's possible to be healthy without being skinny; it's possible to be very unhealthy while being skinny; you should be kind to yourself and your body, etc.), it's definitely a book aimed at middle class white moms. There are many moments where the author's privilege was showing, which kind of irked me.

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### **Emily says**

What a relief! finally a book and a mindset that puts all the pieces together for living a **HEALTHY** life in the body you have. From the strictly nutritional advice, to the research and experienced backed sections on emotional and social well being, every chapter added another layer onto what it means to live body kindness. I loved the spiral up moments and the visual guides that spelled out in detail the practice being discussed. I appreciated all the further resources provided, and how I can make the differences where I'm at now, in the body I have. This is more than a book, it is a manual, one I will go back to again and again to refine my body kindness practice. It has already helped me get unstuck from several spiral down traps, and to help recognize the warning signs before I get too far. Bottom line, if you're looking for real, practical and actionable changes to make in your life today, this book is for you. not another flashy trend, but proven methods that go beyond the platitudes of love yourself and break down the how and why. Can't recommend enough if you're looking for help both accepting yourself while working on healthy habits - they don't have to be either/or goals!

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### **Kate says**

Do you want to eat what you want, when you want, however much you want, without someone or something telling you what you can and cannot eat? Then this book is for you! I cannot say enough about this book! Rebecca, a registered dietician, reveals applicable, common-sense ways to lead her readers into healthy lifestyles, free of dieting and calorie counting.

This book is quite informative in beginning and maintaining positive self-care habits of eating balanced meals, regular exercise, sleep, finding one's value in life, and caring for others.

My favorite parts of the book were the first few chapters on eating, exercise, and sleep. I recommend a journal for the many points you're going to want to jot down.

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### **Joan says**

Scritchfield says body kindness is a self-care mindset based on the belief that health begins by being good to yourself. (2) This book is not a diet book. She says diets fail.

This book has a ton of information regarding personal health, including food, sleep, exercise, and relationships. The idea is to give us the information we need to make choices that improve our health without the goal of weight loss.

It took me a while to accept what Scritchfield writes. It goes against so much of what we have been told to believe about ourselves. For example, she writes, "Breaking news: You can be fit and fat. Inactivity, not fatness, is linked to mortality and heart disease." (70) We have to let go of the idea that we are trying to manipulate our weight. In fact, she tells us to get rid of our scales.

Scritchfield has much information to help us make healthful choices. She covers just about everything, from food to stress to relationships to goal setting, and much more. She asks us to put self-care at the top of our list.

She recommends keeping a journal to help work through her book. There are many prompts she gives to help us think through what we do and why. She really advocates activity. She helps us get good and adequate sleep. Her section on emotions was great.

I recommend this book to people who are looking for how to develop a mindset that helps make choices based on goals developed from our values. Scritchfield helps us reveal our values and then walks us through creating the life we want. It's all in the book.

I received a complimentary egalley of this book from the publisher. My comments are an independent and honest review.

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### **Tessa says**

As a registered dietitian who works specifically with individuals with eating disorders, disordered eating, weight and body concerns, etc, I was enthusiastic to read this book. As I read through it, however, something about it just didn't sit well with me. I do enjoy the graphics and colors since they help put somewhat complex topics into an easy-to-read format, but I kept getting an overwhelming feeling that all the material was being delivered by a "health coach" who was still trying to sell me a diet plan. I'm probably biased because I'm not the target audience for the book, but there were moments in the book when it just felt like there was this "just do it!" theme that rubbed me the wrong way. I also really don't like to recommend books that don't have a reference section, which this book lacked and I wasn't a fan of since there were several studies cited throughout.

While I greatly appreciate that this book offers a much-needed inclusive approach to health that doesn't focus on weight, the overall tone of writing just wasn't my cup of tea and I likely wouldn't recommend it to clients out of concern for promoting a mentality of "just pick yourself up and do it!", particularly with exercise. I also feel that this book is written for privileged, able-bodied individuals who have the time and/or ability to regularly include exercise in their daily schedules, which also didn't sit well with me. Again, I appreciate the attempts to communicate this information to the general public, but the overall tone felt too "diet coach"-y for my taste.

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### **Ani says**

This can be seriously triggering if you have any history with any form of eating disorder. This is not body posi, this is not HAES, this is actually a diet book.

NOTE: If it has portion sizes listed anywhere, IT IS A DIET BOOK.

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### **Jessica says**

I discovered Rebecca through her Body Kindness podcast. After listening for the past several months, I have come to greatly admire her attitude towards food and physical activity. She is a huge proponent of healthy at any size and body acceptance and kindness. She's so inspiring!

After learning how she views the world, I feel myself hyper-aware of comments people make throughout my day that seem so antiquated- from overhearing a coworker who is trying to latest fad diet to hearing someone body-shame a 6-month-old in front of a group of people and not having anyone blink an eye! Our society is so messed up in this area.

This book seemed kind of basic to me, but probably only because I've been listening to her for months so I am already acquainted with her philosophies. I still think this would be a great read for anyone who is trying to recover from dieting of any kind, or anyone who struggles with any kind of body image issues. She covers the topics of eating, physical activity, sleep, emotions, goal setting and more. Her unfailingly positive approach makes this book a fun read, as well as an informative one.

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### **Latiffany says**

I was introduced to Scritchfield through the Food Heaven podcast. I love her energy and how passionate she is about body kindness. I read one health book a year and decided Body Kindness would be my 2018 pick.

Let me say this-There is absolutely nothing wrong with this book. The lack of a five star rating is more about where I am with my journey. This book is an amazing guide on how to eat healthy, while still enjoying your favorite foods. It covers moving past the guilt and shame that revolves around food, dieting and weight. I love that it smashes many myths about obesity as well-yes, thin people get sick too.

I think this is a great book for people beginning their journey. I am by no means an expert, but I was already familiar with most of the information in this book. I wasn't interested in rereading things that I already know. I tried to get through it just for positive reinforcement, but I struggled with completing this book and skimmed through the end.

Overall, I think this is a good read and I recommend it.

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### **Barbara (The Bibliophage) says**

I chose this book because I strongly believe in the "never say diet again" mantra. It delivered that plus so much more.

We throw around terms like "nurturing" and "self-love" often, but do we really know what these mean in a practical sense of day-to-day steps? Rebecca Scritchfield, a registered dietitian, breaks down her approach

into manageable steps. She says to start with the question, "What is the least I can do?"

One of her precepts that I like the most is that food is nourishment, not a moral choice of good or bad. She talks about the downside of the "clean eating" movement - that anything not "clean" must be dirty or shameful. I appreciated this insight.

However, I'm uncomfortable with a dietitian giving such detailed psychological advice. Many of her suggestions are based on positive psychology, which I struggle with and question especially since reading Bright Sided: How The Relentless Promotion of Positive Thinking Has Undermined America by Barbara Ehrenreich. But perhaps that's just me.

Scratchfield talks about resilience as if it were just as simple as "just bounce back, already?" It's not that simple, and I found that approach bordering on insensitive and hurtful.

At the point she says, "your mindset determines your authentic life" I wondered if I'd actually finish the book. It's a cliche that's been said by so many authors and speakers over the last decade.

And then things started to turn around. She moves back into eating, caring for yourself, and connecting with others in a way I could relate to.

I did enjoy Rebecca's friendly tone and funny insights like, "You can't hate yourself healthy." In discussing family dinners together - and studies about their benefits - she asks if it was the "magical roasted vegetables" that created those benefits. Of course not!

On the other hand, the continued references to Frozen got old. As my formerly Elsa obsessed granddaughter recently said, "That movie's over now!"

I would have preferred more stories of Rebecca's personal journey, in addition to the client vignettes. When she starts to tell some of her story, I found myself wishing for more detail and emotion. But alas, this is an instructional book not a memoir.

If you're looking for healthy living inspiration that's body positive, this is a great resource. It's full of actionable steps you can put in place for little to no financial investment. Instead, you're investing in yourself and that's the best return of all.

Thanks to the author, NetGalley, and Workman Publishing Company for an advance digital copy in exchange for an honest review.

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### **Theresa Honeycheck says**

Good information but way too much of it. A little overwhelming. Lots of nice charts - if you are into charts .

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### **Bethany says**

While I appreciate her content, the formatting of this book drove me batty. It read like a 288-page blog post. Too many bulleted lists, pastel infographics, and sidebars.

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### **Amanda says**

The first two chapters were exactly what I needed to hear at this moment. I think the biggest take-away is: "Everyone has a gut instinct for how to be kind to their body." Oh...you don't? Oh well, don't beat yourself up about it!

Another one is that emotional health is an equal part of the health equation (not just physical health). And that physical health has NOTHING to do with cellulite, thick limbs, or body shapes. So let's all be kind to our bodies, eh?

#### **UPDATE:**

As I continued to try and read further in this book I noticed that Rebecca writes conflicting messages. On the one hand, she tells you not to follow any food rules, or to label foods as good or bad, but then she talks about plating your portions so that 1/2 your plate is vegetables. But you can also eat whatever you want. But vegetables are good for you and you need to eat a lot of them. But, really, eat what you want! Isn't this no dieting fun?

For me this is confusing and even triggering. I would find myself nodding along and then doubt that it really is okay to eat what I want. I think there are books that may be more true to the "Never say diet again" approach than this one: Intuitive Eating for example.

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