

The Weight Escape:

Stop fad dieting, start losing weight and reshape your life using cutting-edge psychology

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Extract

What's Different about *The Weight Escape*?

The Weight Escape is a unique program for wellbeing and weight loss.

It will show you why so many popular weight-loss beliefs are simply wrong. For example, do you think you need to have a 'positive attitude' before you can start to lose weight? Do you think that you need to be tough on yourself to stay committed to goals? Do you think that the key to diet success is to forbid yourself certain foods and deprive yourself of the things you love eating? Do you think the main reason you fail at diets is because you lack motivation or discipline? Do you think that to lose weight you must eliminate your cravings and urges to eat? All of these common assumptions are wrong, and this book will show you why.

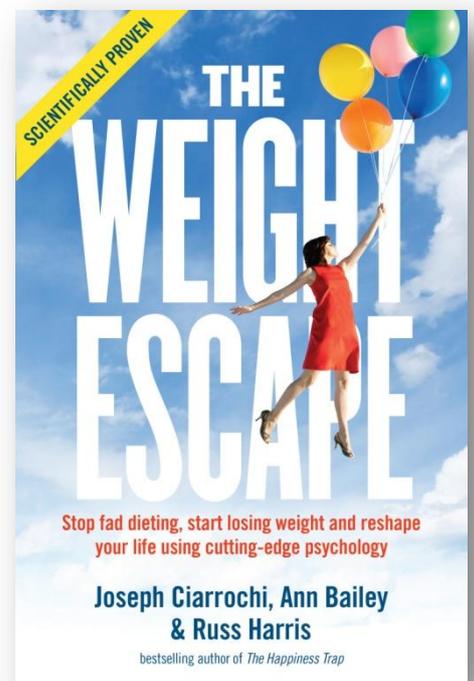
The Weight Escape is based on a revolutionary psychological approach to wellbeing and fulfilment called Acceptance and Commitment Therapy (ACT). ACT is best known for its effectiveness in dealing with clinical problems such as depression, anxiety and addiction – but numerous published studies show that it is also of great benefit in reducing stress, giving up smoking, increasing physical activity and, of course, losing weight.

ACT utilises a wide range of experiential exercises to reduce the power of destructive mental, behavioural and emotional processes. However, it doesn't see these processes as 'symptoms' that can be 'cured'. Rather ACT recognises that they are a normal part of every human life. ACT helps people to become aware of and at peace with their difficult feelings and thoughts, to develop kindness towards themselves, to live in the present moment, and to take value-consistent action.

The ACT approach will not tell you to deny your desires in order to lose weight. It will never suggest that there is something wrong with you or that you need to be hard on yourself in order to succeed. It won't tell you that you need to 'think positively' in order to achieve positive results. Rather, ACT will teach you how to engage in health-promoting behaviours, even when you are feeling negative emotions, cravings, or a lack of motivation. It will show you how to use mindfulness skills to let go of useless struggles with yourself and your body and to escape self-destructive mindsets. Most importantly, ACT will help you to clarify what it is you most care about in your life – in health and other domains – and show you how to get it.

(There is a large amount of scientific literature that attests to the effectiveness of ACT and its various applications. You can find more information at theweightescape.com.)

Many weight-loss programs succeed in the short term but fail in the long term because they don't deal adequately with the psychology of eating: the powerful psychological factors that readily trigger overeating and the strong emotional barriers to eating healthily.



This book offers psychological advice about weight loss. We haven't included too much concrete dietary advice because a lot of that is already available. We don't think you need yet another diet book, but we recognise that some people need guidance through the confusing array of diets. This is why, in Chapter 5, we list six scientifically supported principles for weight loss. These principles can be used with any healthy diet, whether it's high-protein, high-carbohydrate or vegetarian. The principles give you the flexibility to choose a diet that suits your tastes and lifestyle.

We believe the diet principles will be useful, but we don't expect that, on their own, they'll lead to weight loss. We all know there's a large gap between knowing what's good for us and actually doing it. We hope that this book, by focusing on psychology, will help you jump that gap.

Here are just some of the useful things included in this book:

- How to effectively handle urges, cravings, hunger, and difficult thoughts and feelings.
- How to motivate yourself in the face of setbacks and challenges.
- How to free yourself from a self-defeating mindset.
- How to take control of your actions so you can behave like the person you want to be.
- How to identify what you want most in life and set meaningful goals.
- How to overcome the common psychological barriers to healthy eating.
- How to get far more satisfaction from your food.
- How to use values and strengths to give your life direction, and make it richer and more rewarding.
- How to live fully in the present moment.