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PSYCHOTHERAPY  
WOMEN'S ISSUES

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## **Eating Guidelines**

By Geneen Roth

Eat when you are hungry.

Eat sitting down in a calm environment. This does not include the car.

Eat without distractions. Distractions include radio, television, newspapers, books, intense or anxiety-producing conversations or music.

Eat what your body wants.

Eat until you are satisfied.

Eat (with the intention of being) in full view of others.

Eat with enjoyment, gusto and pleasure.

Read more: <http://www.oprah.com/spirit/Eating-Guidelines-Women-Food-and-God#ixzz2Vpd75W7W>