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Intuitive Eating already provides an excellent summary as appendix to the book and very
 worthwhile details including the science behind intuitive eating. However, as per usual, I've taken
 notes for my own reference and, of course, I'd like to share. Note many sentences are word-for-
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The idea is that you should eat when you're hungry and stop when you're full.

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First published in 1995, Intuitive Eating has become the go-to book on rebuilding a healthy body image and making peace with food. We've all been there—angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet.

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