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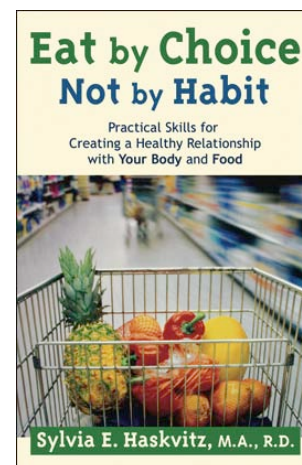
**NEW BOOK — *Eat by Choice, Not by Habit* — GIVES PRACTICAL SKILLS TO TACKLE EMOTIONAL EATING *in the moment***

*“Change in the body must start with change in thought. If you have been unable to eat smart, despite repeated attempts, this is the book you have been waiting for.”* – **Linda Prout**, nutritionist and author of *Live in the Balance*

SAN DIEGO, CA — Is it possible to stop being perpetually at war with my body?

Why do I always eat after 9pm? What is that second helping at the dinner table really nourishing? In a culture consumed by our consumption, where fad diets and weight loss programs are multi-billion dollar industries, answering this question typically includes a quick-fix band-aid solution. A new book offers each of us much more.

**EAT BY CHOICE, NOT BY HABIT** (PuddleDancer Press, October 2005), by Sylvia Haskvitz, R.D. and nationally renowned interpersonal communication trainer, provides the most effective tools to get to the core of emotional eating and negative body image—*in the moment*. This conversational, bite-sized book is filled with real-life stories, accessible dialogue and powerful personal growth skills to help transform how we think about our bodies and food.



From pre-pubescent girls newly immersed in the world of body criticism, to men wanting to regain their college-years stature, to older women still struggling with body issues, **EAT BY CHOICE** provides the practical tools we all need.

“Many of us are habitually at war with our bodies, treating them in ways we would not want to be treated and in ways we’d never consider treating anyone else. We think we’re meeting our needs by either satisfying our food cravings or bullying ourselves into denying them,” says the author.

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In fact, says Haskvitz, our dieting frenzy actually puts us at war with food, rather than addressing the real needs we're meeting with food in the moment. Based on Marshall Rosenberg's groundbreaking work, Sylvia uses the *Compassionate Communication* process to help us transform the negative inner dialogue responsible for contorting our relationship with our bodies, and ultimately with food.

**In a question-and-answer format, Haskvitz gives readers of EAT BY CHOICE practical skills to:**

- (1) Be your own best friend — learn how to transform self-judgment about your body using empathy
- (2) Separate emotional fulfillment from eating
- (3) Learn how to enjoy the smells, tastes and textures of food again
- (4) Eat healthfully on the road, during the holidays and in restaurants
- (5) Effectively support others you care about who want to eat healthier

“For most of us, dieting or changing our eating habits means living in a constant state of self-judgment. We put so little effort on self-acceptance, or changing our relationship to food itself,” says Haskvitz. “In our culture, food is often used to nourish or nurture ourselves when we're not physically hungry,” continues the author. “The Compassionate Communication process helps us explore the underlying needs that keep us from reaching emotional fullness.”

To schedule an interview with Sylvia Haskvitz, please contact publicist Tiffany Meyer at 503-880-5308, or [tiffany@puddledancer.com](mailto:tiffany@puddledancer.com).

EAT BY CHOICE, NOT BY HABIT, Practical Skills for Creating a Healthy Relationship with Your Body and Food, by Sylvia Haskvitz, M.A., R.D., October 2005, 98 pages, \$8.95, paperback 5-3/8"x8-3/8", PuddleDancer Press, ISBN #1-892005-20-4.

**Publisher's Website:** [www.NonviolentCommunication.com](http://www.NonviolentCommunication.com)

**Author's Website:** [www.EatByChoice.com](http://www.EatByChoice.com)