

Introduction

“Face your stuff or stuff your face.”

ANONYMOUS

Many of us are habitually at war with our bodies, treating them in ways we would not want to be treated or in ways we would never consider treating anyone else. We think we're meeting our needs by either satisfying our food cravings or bullying ourselves into denying them. In a dieting frenzy, we jump off and on the latest fad diets without ever stopping to discover what our real needs are. But we can feel something is missing. Chronically dissatisfied, we turn to the latest doctor, diet guru, tennis partner, or magazine article to tell us what to do.

My intent is that this book will help you uncover the missing link in your relationship with your body and food. This is not a diet regimen or prescription for instant results. I am not proposing to be yet another outside authority. Through the questions and answers in this book, I want to inspire you to access your own authority, your own power, and your own food and body wisdom.

These questions and answers offer an exploration of Nonviolent Communication (or Compassionate Communication)—and how it can guide you in your journey to make peace with your body. What are your needs? What are your feelings? Where are you focusing your attention in any given

moment? Are you eating because your body is hungry? Or do you want to meet other needs, such as health, safety, security, love, nurturance, protection, or simply relieving a sense of distraction or boredom for a few minutes? The practice of Compassionate Communication can lead you to make conscious choices based on your needs rather than on habits that may not be serving you anymore.

“In the land of wine and brie, obesity is relatively rare,” writes Mireille Guiliano in her book *French Women Don't Get Fat*. “We don't obsess about food, we're friends with it.”

This is an invitation to stop focusing on food without thinking of much else (“obsessing”) and start a new friendship. Not just for the moment, but each moment in a sustainable, even joyful way. Welcome.