



Pleasurable Weight Loss: The Secrets to Feeling Great, Losing Weight, and Loving Your Life Today

By Jena la Flamme

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Pleasurable Weight Loss: The Secrets to Feeling Great, Losing Weight, and Loving Your Life Today By Jena la Flamme

No points. No calorie counting. Just trust pleasure and the wisdom of your body.

“The key to losing weight is not about enjoying less,” teaches Jena la Flamme, “it’s about enjoying *more*.” This revolutionary insight has allowed thousands of Jena’s students to lose weight without boring food plans, arduous rules, or punishing exercise. Why does it work? Because pleasure is the secret to switching off the stress triggers that are the real culprit behind emotional eating and weight gain. With *Pleasurable Weight Loss*, Jena invites you to discover to a graceful, feminine way for attaining the body of your dreams, featuring:

- Taking the “guilty” out of pleasure—why pleasure is a trustworthy and intelligent guiding force in your life
- Accessing your body’s wisdom—embracing your “animal nature” and turning your instincts and cravings into allies
- Discovering your “ideal ecology”—creating the right conditions for weight loss with your food choices, thoughts, and lifestyle
- Making it safe to be sexy—untangling the social and psychological issues of body image so you can feel good while looking your best
- Exercise, cooking, and savoring life—everyday tips and no-stress practices for liberating your natural radiance

How you feel about your body and how you relate with pleasure matters more than what you eat when it comes to successful, sustainable weight loss. With

Pleasurable Weight Loss, Jena la Flamme brings you a comprehensive, life-changing approach that starts with your mind—helping you relax, build self-esteem, and develop a sense of joy and trust in your body. Filled with inspiration, recipes, and practical guidance for women of all ages and body types, here is a powerful guide for transforming your relationship with food and exercise—a natural, enjoyable, and lasting path for looking and feeling your best.

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Editorial Review

Review

“How can weight loss be pleasurable? You’ve got to be kidding, right? No—not kidding. In fact, the entire solution to sustainable body confidence and permanent weight loss is pleasure. And this book outlines the path. Delightfully.”

—**Christiane Northrup, MD**, bestselling author of *Women's Bodies, Women's Wisdom* and *The Wisdom of Menopause*

“What Jena is teaching is revolutionary in the weight loss industry. Geneen Roth’s *Women Food & God*, and Marianne Williamson’s *A Course in Weight Loss* are part of this paradigm, and Jena is right there with them, leading the pleasure tribe. This is a methodology and a ministry—and it’s about time.”

—**Danielle LaPorte**, author of *The Fire Starter Sessions*

“A unique and pleasurable approach to a topic often filled with pain and suffering.”

—**Joshua Rosenthal**, founder of the Institute for Integrative Nutrition and author of *Integrative Nutrition: Feed Your Hunger for Health and Happiness*

“An absolutely critical piece in the body/mind/spirit puzzle.”

—**Kate Northrup**, author of *Mothering Your Center: Tapping Your Body’s Natural Energy for Pregnancy, Birth, and Parenting*

“If you want to enjoy the skin you’re in and get the body you’ve always wanted, look no further.”

—**Marie Forleo**, creator of Rich Happy & Hot

“Jena’s brilliant approach to weight loss tosses aside the ideas of shame, diet and deprivation and instead embraces a more gentle, sympathetic and loving relationship between yourself and your body. I recommend . . . she delivers excellent results.”

—**Jon Gabriel**, bestselling author of *The Gabriel Method: The Revolutionary Diet-Free Way to Totally Transform Your Body*

“Jena la Flamme offers a practical and sexy path to transform our relationship to food and to reclaim trust in our cravings.”

—**Meggan Watterson**, author of *REVEAL: A Sacred Manual for Getting Spiritually Naked*

“Jena la Flamme is an original genius at transforming this challenging subject into a new way of life for us all. I highly recommend it.”

—**Barbara Marx Hubbard**, founder of the Foundation for Conscious Evolution

About the Author

Jena la Flamme

Jena la Flamme has dedicated herself to helping women around the world heal emotional eating, reach their healthy weight, and look and feel fabulous and feminine. Her live seminars, Pleasure Camps, private coaching, online programs, social media outlets, and website teach women a natural, sustainable, and joyous

approach to weight loss—without giving up chocolate.

Users Review

From reader reviews:

Christopher Mills:

Hey guys, do you would like to finds a new book to see? May be the book with the subject Pleasurable Weight Loss: The Secrets to Feeling Great, Losing Weight, and Loving Your Life Today suitable to you? The particular book was written by well known writer in this era. Often the book untitled Pleasurable Weight Loss: The Secrets to Feeling Great, Losing Weight, and Loving Your Life Todayis the main of several books which everyone read now. This book was inspired many people in the world. When you read this guide you will enter the new dimensions that you ever know previous to. The author explained their idea in the simple way, therefore all of people can easily to be aware of the core of this book. This book will give you a wide range of information about this world now. To help you to see the represented of the world on this book.

Jean Ashburn:

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Kathleen Owen:

Reading a book to get new life style in this year; every people loves to study a book. When you examine a book you can get a wide range of benefit. When you read guides, you can improve your knowledge, simply because book has a lot of information on it. The information that you will get depend on what types of book that you have read. If you need to get information about your review, you can read education books, but if you act like you want to entertain yourself you can read a fiction books, such us novel, comics, in addition to soon. The Pleasurable Weight Loss: The Secrets to Feeling Great, Losing Weight, and Loving Your Life Today will give you new experience in reading a book.

Mark Garcia:

In this era globalization it is important to someone to find information. The information will make anyone to understand the condition of the world. The fitness of the world makes the information easier to share. You can find a lot of referrals to get information example: internet, paper, book, and soon. You can see that now, a lot of publisher that will print many kinds of book. The particular book that recommended to your account

is Pleasurable Weight Loss: The Secrets to Feeling Great, Losing Weight, and Loving Your Life Today this guide consist a lot of the information on the condition of this world now. That book was represented how can the world has grown up. The dialect styles that writer make usage of to explain it is easy to understand. Typically the writer made some analysis when he makes this book. That is why this book suitable all of you.

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