

Eat whatever you want and still lose weight!

About the Book

What if you could eat whatever you wanted and still lose weight? And what if losing weight was as simple as only eating when you are hungry and eating smaller amounts—of your **favorite** foods?

In *The Eden Diet*, Dr. Rita Hancock, a physician with Ivy League nutrition and obesity research experience, reveals the amazingly simple answer for weight control. The answer has to do with the hunger pangs God gave you... “in the beginning.”

Reading *The Eden Diet* will dramatically change your perspective on food, diets and the struggles that usually go along with weight control.

What others are saying

“After spending many years in Behavioral Psychotherapy, I found the Eden Diet to be a very helpful tool in changing our internal dialogue about food that is so detrimental to weight loss and management. Additionally, it guides us to request the power of the universe, God, to assist us each step of the way. How could we possibly fail with God as our partner in health?”

Kathy Smith, MS
Behavioral Psychotherapist

“I have more hope now than I have had in the past as I think Dr. Hancock has hit on the key for me. I have started listening to my hunger pangs and waiting (most of the time) until I feel them to eat. The hardest thing is not to mindlessly eat. I have been able to sometimes just eat a little and save the rest until later. That is a huge accomplishment for me and it is a very empowering feeling.”

Anonymous

With the current abundance and prominence of food in our society, the obesity epidemic is no surprise. The Eden Diet will teach you to recognize true hunger and become known as the one that can walk away from the buffet.

Steve Cox, DO
Family Medicine, Norman, Oklahoma

How to purchase

The book is available in major bookstores or online at **TheEdenDiet.com** and **Zondervan.com**.

The **EDEN DIET**



You Can Eat Treats,
Enjoy Your Food,
and Lose Weight

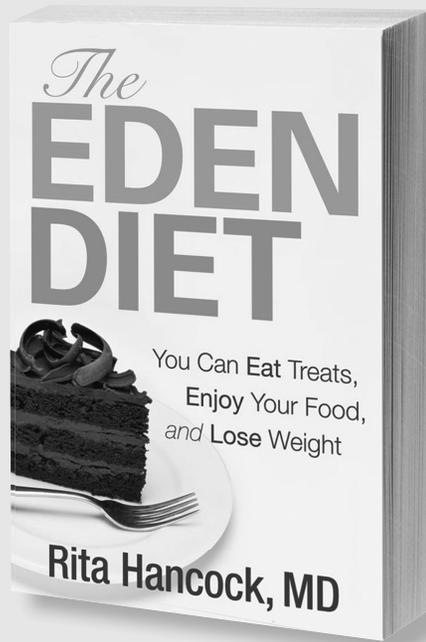


Rita M. Hancock, M.D.
teaches you how to lose weight by attuning to and harnessing the power of your hunger pangs.

 **ZONDERVAN®**
.com

The EDEN DIET.com

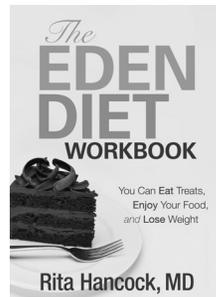
This may SEEM too good to be true, but don't judge the book by the cover just yet...



"The Eden Diet is not a fad. It does not involve drugs that make me feel shaky or will someday be determined to cause brain tumors. It is very simple... Eat when your body tells you to, exactly the way God designed you! So far I have lost 30 pounds, and I've never felt better!"

C.P., Norman, Oklahoma

The Workbook



The workbook teaches you how to use hunger pangs to your advantage and overcome those emotional and mindless, automatic impulses to eat food that your body doesn't actually need.

The workbook also explains how to utilize Dr. Rita's audio CD recordings, *Godly Affirmations For Weight Loss*, to relax and de-stress your way into thinness.

Mostly importantly, the workbook encourages you to rely on God's help to beat your emotional eating triggers, mindless eating habits, and all those impulses that lead you to eat when you aren't physically hungry.

For more information

on workshops visit:
www.TheEdenDiet.com



About the Author

Dr. Rita is a board-certified Physical Medicine and Rehabilitation specialist with sub-specialty board-certification in Pain Management.

She has been in full-time practice in Oklahoma City for ten years, counseling patients on weight loss to reduce weight-related pressure on their joints.

She believes strongly in the equality of the Trinity, in salvation through faith rather than through works, and that God cares infinitely more about our escaping from bondage to food than He cares about our weight and appearance.