



MEDIA RELEASE

Find Your Happetite

Eat What You Want and Be Happy with Your (Perfect) Weight
by Sue Zbornik, MSc, APD

The Diet Antidote every Dieter should read

Nutrition and eating behaviours expert Sue Zbornik wants us to eat what we want. Is she mad!?! Surely Sue realizes that “Diet” tops our New Year’s resolutions lists, our reality TV viewing ... not to mention the small fortune we invest in those miracle diets.

Yet despite our diet obsession ... a staggering 30% of the Western world is overweight or obese. Eating disorders are rife. And are we happy when we think of food or body image? Not even remotely ...

Two decades of helping people with eating disorders reclaim their lives has lead **Sue Zbornik MSc APD** to write **FIND YOUR HAPPETITE**. This powerful antidote to dieting teaches us to listen to our bodies to find our natural appetite and our perfect weight.

Sue believes the current obsession with dieting and body image is a westernized version of the ancient Chinese practice of foot-binding. She believes dieting to be as crippling to living a full life as foot-binding was to women in ancient China.

FIND YOUR HAPPETITE is a practical, considered and life affirming journey that celebrates the marvel of the human body. The body knows it’s perfect weight; we just have to re-learn how to listen to it. This book offers insights to anyone who grapples with food control issues – whether its deprivation or excess.

Reassess your relationship with food. Discover your appetite and learn how to be happy in **FIND YOUR HAPPETITE**.

\$1 from the sale of each **FIND YOUR HAPPETITE** sold in Australia will be donated to The Butterfly Foundation to help tackle issues of negative body image and eating disorders and to support sufferers and their families. <http://thebutterflyfoundation.org.au>

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“Live a life of freedom around food, eating, weight and shape concerns”