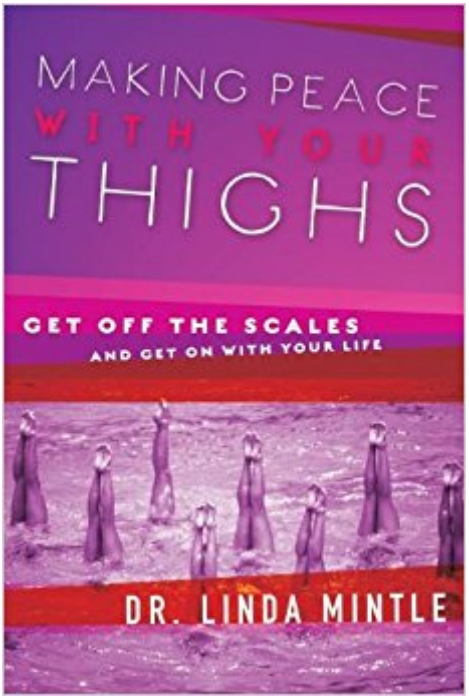
Ebook Directory
the best source of ebook

The book was found

Making Peace With Your Thighs: Get Off The Scales And Get On With Your Life



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

Get your thighs off your mind and lose the lies that bind. Women of America, it’s time to stop obsessing and start making peace with your thighs, your waist, and any other body part that leads you to feel inadequate. Everywhere we turn-magazines, movies, television-we are bombarded with images of what a woman "should" look like. And every image makes body acceptance and confidence harder to achieve. So author and therapist Dr. Linda is inviting all members of the sisterhood of the dissatisfied traveling pants to discover how we arrived at this discontent and how to change our attitudes-and our lives-when it comes to liking our bodies.

Book Information

Paperback: 256 pages

Publisher: Thomas Nelson; Annotated. edition (April 29, 2006)

Language: English

ISBN-10: 1591454263

ISBN-13: 978-1591454267

Product Dimensions: 6 x 0.9 x 8.9 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 13 customer reviews

Best Sellers Rank: #488,604 in Books (See Top 100 in Books) #22 inÃ Â Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts #228 inÃ Â Books > Christian Books & Bibles > Christian Denominations & Sects > Amish #1358 inÃ Â Books > Health, Fitness & Dieting > Psychology & Counseling > Personality

Customer Reviews

Although funny moments and relatable stories are sprinkled throughout; this book deals with the serious problem women have with body image and shame. It is wonderful to see God’s vision for his children.

The title caught my eye and once I got it, I couldn’t put it down. It has some excellent advice.

The pages in this book flutter like tiny white flags calling for a truce! While most women are waging war with various body parts that they consider less than perfect, the wisdom of Dr. Linda Mintle can negotiate a lasting peace.Body dissatisfaction is an epidemic, affecting women of all ages. Yet, these pages clearly show that this discontent goes more than skin deep; it reaches into the mind

where it does the most damage. While the media bombards us with images of flawless female bodies, women are falling prey to slick advertisers and specialized cosmetic surgeries. Thankfully, there is a solution to this mindset.Dr. Mintle, one of the nation’s leading authorities on food, understands the thinking behind the disappointment with our bodies and starts from that point. She leads readers around the minefields of media-inspired misconceptions to the liberating truth of God’s Word. Balancing medical facts with spiritual principles provides readers with a multi-dimensional look at this subject. Causing women to examine the real underlying motivation behind their perceptions uncovers lies that lead to erroneous and sometimes dangerous beliefs.Writing with a conversational tone, as well as a delightful touch of humor, the author gently comes alongside readers in an honest and humble attempt to change their thinking. Facts and faith dovetail perfectly, reinforcing the clear principles set forth. While this subject lends itself to a more physical perspective, there is a wonderful emphasis on the soul and spirit as well. Women will be encouraged to look to their Creator for power and positive reinforcement. Cultural misconceptions will fade as the Light of the Word shines with a steady and searching intensity.Dr. Linda Mintle offers readers some mental calisthenics that stretches their thinking to the perfect size! - Joyce Handzo, Christian Book Previews.com

"...In the way that no two snowflakes are alike, neither are we. Each of us reveals a glimpse of God’s incredible diversity...."Because "Body dissatisfaction is such an epidemic that nearly every female of every age has major physical insecurities, no matter how slight her "flaws" really are," Dr. Linda Mintle takes her readers on a journey to discover our uniqueness of design. With humor and great insight, Dr. Mintle shows us how to be at peace with who we are in light of God’s love.From Thighs and Sighs of the Times to An About Face, the author talks about the various body parts that women have learned to despise. She asserts that from childhood we are taught fallacies about our looks, and we have been led to obsess about areas that shouldn’t matter. Each chapter ends with her reaffirming God’s design and His desire for His creation.Drawing from her own experience, Dr. Mintle also brings to the reader her extensive background in family therapy and working with those who have eating disorders. Her witty remarks will give you a chuckle, and her earthy wisdom will give plenty of food for thought.Armchair Interview says: Making Peace With Your Thighs is a book to read and to share with others. Dr. Mintle’s godly advice will encourage girls of all ages to see themselves as a one-of-a-kind creation of God.

I loved the cover artwork for this book and the impression it gives (a fun read about a potentially

serious subject) was accurate. Dr Linda Mintle explores many of the common issues of self-image that women have - dissatisfaction with face, stomach, breasts, thighs, hair etc., and how flawed our model of what we should be achieving can be. She looks at the dieting obsession that is so prevalent, along with eating disorders and the root causes of some of these problems. She talks about ageing and how this can affect a woman's physical body and self-awareness, along with unhelpful portrayals of ideal bodies on TV, in magazines and newspapers and in shops.Linda Mintle's writing style is very readable with many personal illustrations, some humour and, at the end of each chapter, relating the issue to the reader's relationship with God. Her illustrations are rather American-centric, as is her use of situations and regular comments on very pervasive elective plastic surgery (less common in the UK) but her overall points are valid wherever we live and in whatever Western culture.This book covers a broad range of topics and 230 pages don't allow her to delve really deeply into any of them but this is certainly a worthwhile introduction to an important subject for many women and gives some theological insights into our own views of our image and our physical attributes.

I am a professional image consultant and have been listening to women lament about their imperfect bodies for decades! Dr. Linda's words were full of compassion and truth wrapped in humor. She obviously has been through the struggles many women face at some point in their lives. Her style of writing informs as well as entertains. She enables us to laugh at unrealistic views of ourselves while offering a godly perspective that sees hope in our mirror of life. She helps us come up with a more realistic focus of who God created us to look like from the inside out.I think every teenage girl should read this book to get started off in the right frame of mind about what true beauty is all about and how to enjoy the skin she's in at every age! Every adult woman should read it to inspire her to be all God created her to be without fear of flaws or the future. Let there be peace on earth, and let it begin with me and my thighs! Thanks Dr. Linda!

Download to continue reading...

Making Peace With Your Thighs: Get Off the Scales and Get On with Your Life Soap Making: 365 Days of Soap Making: 365 Soap Making Recipes for 365 Days (Soap Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, ... Making, Soap Making Supplies, Crafting) Soap Making: 365 Days of Soap Making (Soap Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, Soap Making Recipes, Soap Making Supplies): Soap Making Recipes for 365 Days A Visual Guide to Scales for Tenor Banjo in CGDA: A Reference Text for Classical, Modal, Blues, Jazz and Exotic Scales (Fingerboard Charts for ... Scales on Stringed Instruments) (Volume

38) Get Rid Of Fat Thighs: Discover the seven myths that contribute to weight gain, and foods that wonÃ Â´t pack fat on your thighs. How Do I Get Skinny Thighs: A 5 Step Curve Creating Program To Help You Trim, Tone and Tighten Your Way To Sexy Thighs The Ultimate Soap Making Guide: Unique Soap Making Recipes & Complete Soap Making Guide for Beginners (Soap Making at Home, Soapmaking Guide, Soap Making Recipes, Soap Making Book) Lightning Fast Piano Scales: A Proven Method to Get Fast Piano Scales in 5 Minutes a Day (Piano Lessons, Piano Exercises) Essential Chords for Guitar, Mandolin, Ukulele and Banjo: 2nd Ed. Chord Fingering Charts for Major, Minor and Seventh Chords, Keys, Barre Chords, Arpeggio Scales, Moveable Soloing Scales Essential Chords for Guitar, Mandolin, Ukulele and Banjo: Second Edition, Chord Fingering Charts, Keys, Barre Chords, Arpeggio Scales, Moveable Soloing Scales, Blank Chord Boxes and Sheet Music Clarinet Scales & Arpeggios and Sight-Reading, ABRSM Grades 1-5: from 2018 (ABRSM Scales & Arpeggios) Guitar Scales Handbook: A Step-By-Step, 100-Lesson Guide to Scales, Music Theory, and Fretboard Theory (Book & Videos) (Steeplechase Guitar Instruction) Fiddle Time Scales 1: Pieces, puzzles, scales, and arpeggios The Manual of Scales, Broken Chords and Arpeggios (ABRSM Scales & Arpeggios) The Complete Book of Scales, Chords, Arpeggios & Cadences: Includes All the Major, Minor (Natural, Harmonic, Melodic) & Chromatic Scales -- Plus Additional Instructions on Music Fundamentals ACCIDENTALS HAPPEN! A Compilation of Scales for Bassoon Twenty-Six Scales in All Key Signatures: Major & Minor, Modes, Dominant 7th, Pentatonic & ... Whole Tone, Jazz & Blues, Chromatic Piano Scales, Arpeggios & Broken Chords, Grade 2 (ABRSM Scales & Arpeggios) Oboe Scales & Arpeggios, ABRSM Grades 6-8: from 2018 (ABRSM Scales & Arpeggios) The First Book of Scales, Chords, Arpeggios & Cadences: Includes All the Major, Harmonic Minor & Chromatic Scales (Alfred’s Basic Piano Library) Scales, Chords, Arpeggios & Cadences - Complete Book: Piano Technique - Includes all the Major, Minor (Natural, Harmonic, Melodic) & Chromatic Scales - ... Instructions on Music Fundamentals

Contact Us

DMCA

Privacy

FAQ & Help