



Shades of Hope: A Program to Stop Dieting and Start Living

Tennie McCarty

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One of the foremost experts on eating addiction, Tennie McCarty uses her own inspiring story, as well as the treatment from her famous retreat center, Shades of Hope, to help readers break the endless cycle of diets.

This is not a guide to losing weight. There are millions of people who bounce from one diet to another without understanding why because they never look beyond their plates. McCarty believes that food addiction is a physical and mental problem with a spiritual solution. An interactive book that asks readers to be a part of their healing, *Shades of Hope* shares the teachings, therapies, exercises, and mind-set that McCarty has used and developed throughout her career in treating addiction. Drawing from her own personal story, as well as those of her patients, McCarty shows readers how they can create new relationships—with food, their loved ones, and themselves.

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From reader reviews:

Kathryn Mullins:

This Shades of Hope: A Program to Stop Dieting and Start Living book is not ordinary book, you have after that it the world is in your hands. The benefit you get by reading this book is actually information inside this book incredible fresh, you will get info which is getting deeper a person read a lot of information you will get. This specific Shades of Hope: A Program to Stop Dieting and Start Living without we realize teach the one who reading it become critical in thinking and analyzing. Don't become worry Shades of Hope: A Program to Stop Dieting and Start Living can bring any time you are and not make your handbag space or bookshelves' become full because you can have it in the lovely laptop even phone. This Shades of Hope: A Program to Stop Dieting and Start Living having good arrangement in word and layout, so you will not truly feel uninterested in reading.

Margaret Gray:

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