

# FOOD FREEDOM FOREVER

*Letting Go of Bad Habits, Guilt,  
and Anxiety Around Food*

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# Resumo de Food Freedom Forever: Letting Go of Bad Habits, Guilt, and Anxiety Around Food

Letting go of bad habits, guilt, and anxiety around food, by the best-selling author of "It Starts with Food" and "The Whole30" Millions of people have successfully completed the groundbreaking Whole30 program and radically transformed their energy, sleep, waistline, cravings, and health.

Now, "Food Freedom Forever" offers real solutions for anyone stuck in the exhausting cycle of yo-yo dieting, uncontrollable cravings, and increasing health complaints. In her newest book, best-selling author Melissa Hartwig defines food freedom as being in control of the food you eat, instead of food controlling you.

Plans like the Whole30 help you jump-start the process, but as anyone who's dieted knows, holding onto that freedom and creating healthy habits that last is the hard part.

In her detailed 3-part plan, Melissa shows you how to discover food freedom for yourself, no matter how out of control you feel; walk a self-directed path that keeps you in control for months on end; gracefully recover when you slip back into old habits; and create the kind of food freedom that stays with you for the rest of your life."

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