

161 fat-burning tricks

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How to think yourself thin

Lose a fast 10—or a whole lot more—without even counting a calorie.

BY LESLIE GOLDMAN

Her slimming secret? Slow down and enjoy!



Before



Now

<<< Lost 50 pounds

Shira Miller, 41, Atlanta

When Shira Miller began listening to her body's hunger cues more than 15 years ago, there was no official name for "intuitive eating." But she used key principles, such as savoring each bite of her beloved carrot cake, to drop pounds. "Instead of eating a whole piece in three chunks, I'd taste the frosting first and enjoy it like someone might enjoy a glass of wine." She also kept a food-and-mood diary to track emotional eating patterns and started working out three times a week. "The more I pay attention to my food—such as not rushing through lunch at my desk or not eating dinner in front of the TV—the better I can maintain my weight," Miller says. "It's sort of like taking my time to honor the process of dining."