

## Geneen Roth's Eating Guidelines

- 1) *Eat when you are hungry.*
- 2) *Eat sitting down in a calm environment.*  
**This does not include the car.**
- 3) *Eat without distractions.*  
**Distractions include radio, television, books, intense or anxiety producing conversations and music.**
- 4) *Eat only what you want.*
- 5) *Eat until you are satisfied.*
- 6) *Eat (with the intention of being) in full view of others.*
- 7) *Eat with enjoyment, gusto and pleasure.*