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Harvard-Affiliated Diet Expert and Therapist Prescribes The Antidote to Bad Eating Habits and Body Image: *Body Compassion*

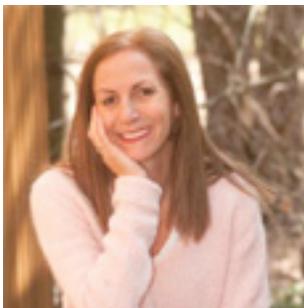
Cambridge, MA... Jean Fain says the secret to overcoming food and body image issues isn't depriving yourself at the dinner table or killing yourself at the gym. It's about cultivating self-compassion wherever you are. In her new [Body Compassion](#) video series, the Harvard Medical School-affiliated psychotherapist prescribes loving-kindness with support from cognitive-behavioral therapy and other proven strategies for changing how you feel about your body—a shift that, paradoxically, makes it easier to change your body for good.

"A little body compassion goes a long way toward transforming bad eating habits and body image at once," Fain says. "As counterintuitive as it sounds, when you treat your body like a friend or a loved one, with love and kindness, it's a whole lot easier to do what you've been trying so hard to do – to eat better, feel better *and* look better."

Fain's assertion that kindness, not will power, is the antidote to America's epidemic of food and body issues is supported by a growing body of scientific evidence. Research psychologists have found that thinking self-compassionate thoughts boosts body image as well as curbs emotional eating. Most recently, a landmark 2013 Fielding University study found that daily self-compassion meditation significantly reduces body dissatisfaction and self-consciousness.

As she did in her ground-breaking book, [The Self-Compassion Diet](#), Fain not only distills cutting-edge research and current psychological theory, but shares the very same guided meditations and visualizations she teaches her clients with food and body issues.

About the Author:



Jean Fain, LICSW, MSW, is a licensed psychotherapist and a teaching associate in psychiatry at Cambridge Health Alliance, a teaching affiliate of Harvard Medical School. In addition to treating clients with food and body issues in her private practice, Fain leads Cambridge Health Alliance's post-graduate seminar in behavioral medicine. Her health articles have appeared in *O: The Oprah Magazine*, *The Huffington Post*, *WBUR.org*, among other media outlets.

More information about the Body Compassion video series is available on the [author's website](#) and her [YouTube channel](#).

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