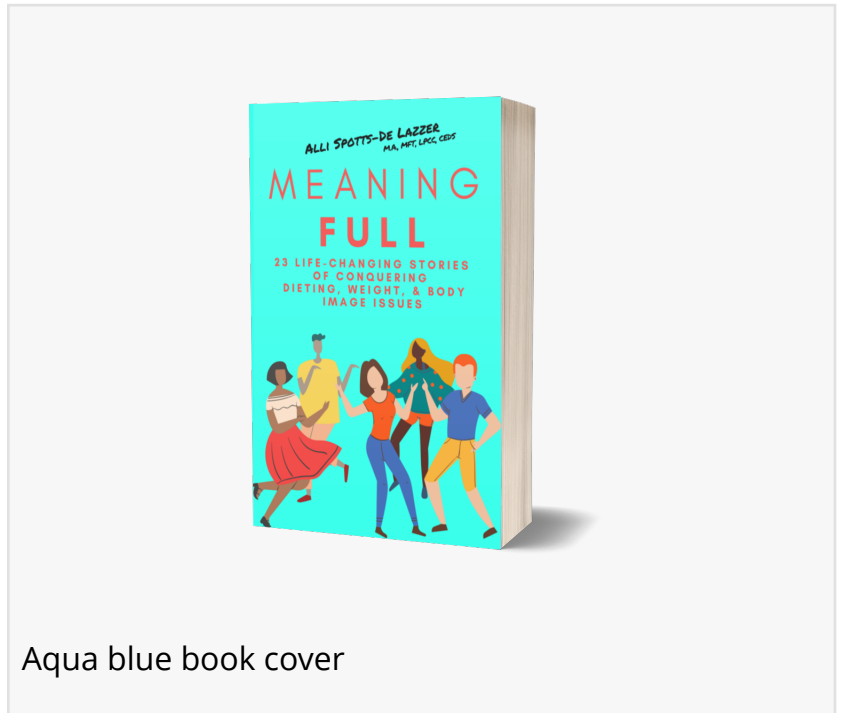


"Meaningfull," an Essay Collection About Conquering Dieting, Weight, & Body Image Issues, Is Changing Lives

LA Therapist Alli Spotts-De Lazzer's Book Carves Out Path Toward Body Acceptance And Conquering Dieting Woes Through Powerful Mini-Memoirs From Survivors

LOS ANGELES , CA, USA, July 25, 2022
/EINPresswire.com/ -- [MEANINGFULL](#):

23 LIFE-CHANGING STORIES OF CONQUERING [DIETING](#), WEIGHT, & BODY IMAGE ISSUES is a blend of motivational self-help, memoir, psychology, and health and wellness. Alli Spotts-De Lazzer is a Licensed Marriage and Family Therapist, an expert in eating and body image issues, and a woman on the other side of her own decades-long struggle with food and body.



A \$702 billion global diet/nutrition and weight loss industry shows that people worldwide are devoted to achieving maximum health and their desired bodies. Yet mainstream approaches are failing these individuals, and sadly, science proves this. Intent on gaining the “health” and “happiness” that diets promise, consumers keep trying. They become sad and frustrated, believing they’re failing when they’re not. They simply need a legitimate, alternative path, which MeaningFULL offers. Through the contributors’ diverse, real-life mini-memoirs followed by Spotts-De Lazzer’s commentaries, readers will learn about themselves and discover their unique, unconventional formulas for conquering their issues. Along the way, MeaningFULL will also guide them towards more self-appreciation, wellness, and fulfillment.

Alli Spotts-De Lazzer is a Licensed Marriage and Family Therapist, a Licensed Professional Clinical Counselor, a “CEDS” Certified Eating Disorders Specialist, a CEDS Supervisor, and a person on the other side of her own decades-long struggle with food battles and body dislike. Alli has presented educational workshops at conferences, graduate schools, and hospitals; published

articles in academic journals, trade magazines, and online information hubs; and appeared as an eating disorders expert on local news. Her professional-related volunteerism includes co-chairing committees for both the International Association of Eating Disorders Professionals and the Academy for Eating Disorders and creating #Shakelt for Self-Acceptance!®, a series of public events sparking conversations about self-acceptance through fun, motivating messages. She was named the 2017 iaedp Member of the Year, and Mayor Garcetti declared July 13, 2017 “#Shakelt for Self-Acceptance! Day” in the City of Los Angeles.

PRAISE FOR ALLI SPOTTS-DE LAZZER

"Have you ever thought that the painful experiences you've had after falling off a diet or being uncomfortable with your body are yours alone? No one else could have ever felt as sad, frustrated, or disappointed as you have! No one else could have struggled with self-esteem or a lack of inner trust as you have! The truth is that these feelings and experiences are universal in a world of diet culture, that only values you for an idealized size or shape of your body and judges you for your eating choices. MeaningFull is a relatable, down-to-earth book that can help you to not feel so alone and isolated in your relationship with food and your body. By reading the stories of a multitude of people who have found their way out of the trap of diet culture and by reading the clear and valuable guidelines and advice that Alli Spotts-De Lazzer presents, you will finally find the hope for a future of joy and satisfaction in your eating and a sense of respect and dignity for the miraculous body that is yours."

Elyse Resch, MS, RDN, CEDRD-S, FAND

Nutrition Therapist

Author of The Intuitive Eating Workbook for Teens and The Intuitive Eating Journal

Co-author of Intuitive Eating, The Intuitive Eating Workbook, and The Intuitive Eating Card Deck

In "Meaning Full" Alli Spotts has put together a trove of inspiring stories for anyone interested in tackling problems with eating, weight and body image. The various contributors in the book take readers on a summary of their own healing journey providing useful ideas and strategies that others can apply where appropriate. Readers not only get honest, personal, accounts, but Alli's summary at the end of each case provides clarification, cites research, and gives further resources on the various subjects brought up. It is refreshing to read a book where individuals dealing with weight and body image struggles describe overcoming their plight.

Carolyn Costin, Director of the Carolyn Costin Institute

Author, 8 Keys To Recovering From An Eating Disorder

For parents who have a child struggling with any kind of eating or body image issues, it's common to feel isolated, scared, confused, and even ashamed. The stigma and stereotypes around these issues and sometimes serious illnesses add an extra burden for so many families, and it can be hard to find other people who truly "get it." Parents looking for hope, insight, and

connection will find many poignant stories in MeaningFULL. Caring for a young person through healing from these issues—from seemingly minor self-image problems to serious eating disorders—can take an emotional toll, and families often need a lot of support. Alli Spotts-De Lazzar's collection of diverse personal stories can help parents feel less alone, shed the guilt or self-blame, and start to see a light at the end of the tunnel.

Oona Hanson, MA, MA
Educator and Parent Coach

MEANINGFULL: 23 LIFE-CHANGING STORIES OF CONQUERING DIETING, WEIGHT, & BODY IMAGE ISSUES is available as a paperback (282 p.; 978-1-950730-69-8), [audiobook](#), and e-book. The title is distributed to the trade by Ingram. The author is receptive to interviews with the media, setting up book signings, and doing speaking events.

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