



Your Diet Is Driving Me Crazy: When Food Conflicts Get in the Way of Your Love Life

Cynthia Sass, Denise Maher

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Whether they have been together for two weeks or twenty years, many couples struggle with subtle—and sometimes serious—eating tensions. These issues almost inevitably simmer, eventually becoming an emotional drain and leading to intimacy problems and dysfunctional eating. Now, in, nationally recognized nutrition expert Cynthia Sass—an official spokesperson for the American Dietetic Association—identifies and addresses nearly twenty food-conflict situations and shares her secrets to ending food fights and finding ways of eating better together. Readers will closely identify with the book's real-life scenarios—when one partner has picky eating habits, or encourages another to overeat, or gets irritable when hungry, or when a partner begins a new diet (or, worse, a radical new diet). And they will embrace Sass's original, creative strategies and suggestions—advice that is deeply rooted in her decade of working with thousands of couples in a wide variety of settings. *Your Diet is Driving Me Crazy* is the first book to acknowledge the problem of relationship-driven food conflicts and to offer comprehensive, sensible strategies and solutions for resolving them.

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