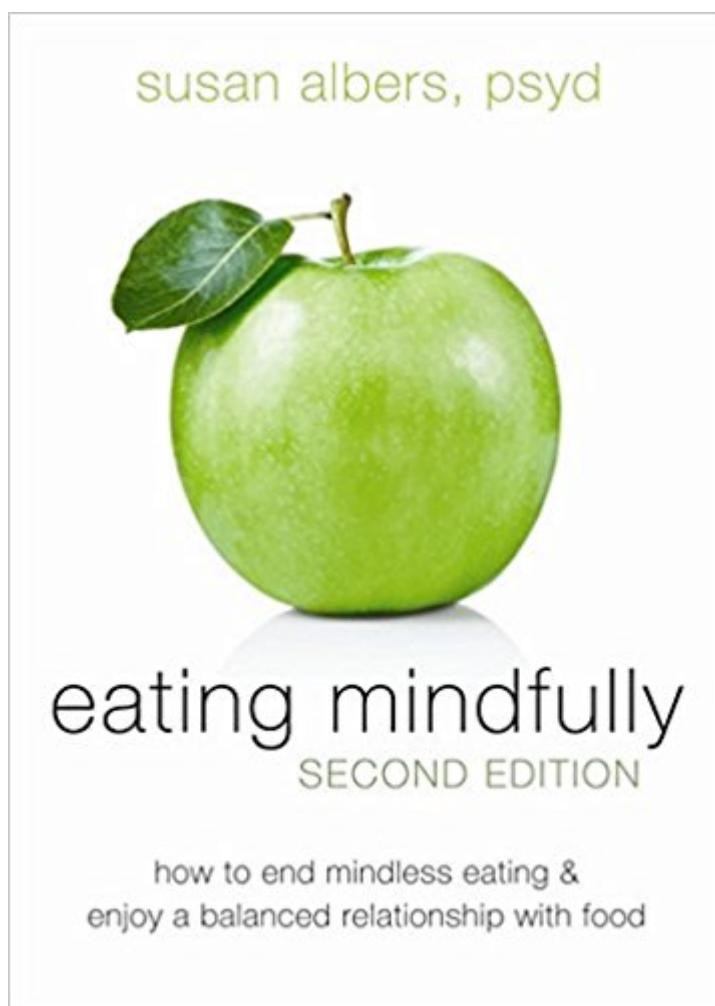


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# **Eating Mindfully: How To End Mindless Eating And Enjoy A Balanced Relationship With Food**



## Synopsis

What would it be like to really savor your food? Instead of grabbing a quick snack on your way out the door or eating just to calm down at the end of a stressful day, isn't it about time you let yourself truly appreciate a satisfying, nourishing meal? In our modern society, weight concerns, obesity rates, and obsession with appearance have changed the way we look at food and not necessarily for the better. If you have ever snacked when you weren't hungry, have used guilt as a guide for your eating habits, or have cut calories even when you felt hungry, you have experienced mindless eating firsthand. This mindless approach to food is dangerous, and can have serious health and emotional consequences. But if you've been mindlessly eating all your life, it can be difficult to make a change. When it comes down to it, you must take a whole new approach to eating but where do you begin? Practicing mindful eating habits may be just the thing to make that important change. In fact, it might just be the answer you've been searching for all these years. The breakthrough approaches in *Eating Mindfully*, by Susan Albers, use mindfulness-based psychological practices to take charge of cravings so they can eat when they are hungry and stop when they feel full. Ten years after the release of the first edition, this book continues to help thousands of readers change the way they approach mealtime. So what's changed? For starters, there is a new section that focuses on the occasional mindless eater. This second edition emphasizes that mindful eating isn't only for those on a diet or for those who have severely problematic eating habits; it's for everyone. In addition, this new edition features over 50 new tips for eating mindfully. Inside, you will learn how to be more aware of what you eat, get to know your fullness and hunger cues, and how to savor and appreciate every bite. You will also learn how mindlessness corrupts the way you eat, and how it can manifest in a number of different eating problems. No matter where you are in your journey toward mindful eating, this book will be an invaluable resource, and you will gain insight into how mindfulness can provide you with the skills needed to control the way you eat leading to a healthier, happier life.

## Book Information

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## Customer Reviews

âœIn this new edition of *Eating Mindfully*, Susan Albers gives more advice to those who truly care about what they eat. This book will help the consumer understand that the choices we make each day about what we buy have differing impacts on the world around us and on our own health. Hers is a reasoned voice in an environment where the fast food industry is still urging us to buy cheap food, not revealing the hidden costs. If you want to be healthy and care about a healthy planet, this is a book that will help you.â • â "Jane Goodall, PhD, DBE, founder of the Jane Goodall Institute and a United Nations Messenger of PeaceâœAlbers guides you with compassion and great insight through a journey into your eating habits. How you eat will be transformed and your relationship with food will be revolutionized.â • â "Margaret Floyd, NTP, author of *Eat Naked*âœEating Mindfully is a must-have book for people who want to deepen their mind-body connection through the experience of eating. It is chock-full of practical skill-building steps and written in a genuinely compassionate manner that will inspire you. Inner peace begins with compassion from within, not from perpetual food fights at the dinner table or within the battleground of your mind. This book will show you how to tap your innate ability to make peace with your eating. *Eating Mindfully* is a welcome respite.â • â "Evelyn Tribole, MS, RD, coauthor of *Intuitive Eating*âœThis is a simple and powerful bookâœone that takes the reader on a journey within to find solutions to their own individual eating difficulties.â • â "Denise Lamothe, PsyD, HHD, author of *The Taming of the Chew*âœThe practice of mindful eating is like going on an archeological dig through layers of symptoms to the truth underneath. Albers has given us an excellent map! Her book makes clear that problem eating can be a great teacher if only we stop to listen. I highly recommend this gentle, respectful, practical guide.â • â "Lindsey Hall, author of *Bulimia: A Guide to Recovery* and *Anorexia Nervosa: A Guide to Recovery*âœWe eat to live, yet some of us lose perspective and control of our relationship with food. Albers, drawing upon the powerful integration of Eastern wisdom and Western science, guides us along a practical journey of mindfulness pointing to acceptance of our bodies and ourselves.â •

â "Thomas F. Cash, PhD, professor of psychology at Old Dominion University and author of *The Body Image Workbook*â œSusan Albers explores crucial spiritual dimensions that are so often overlooked in our relationship with food. Readers will easily identify the habits that trap them in cycles of mindless dieting, bingeing, and chaotic eating and help them cultivate a compassionate relationship between mind, body, thoughts, and feelings.â • â "Rita Freedman, PhD, author of *Bodylove: Learning to Like Our Looks and Ourselves*

Susan Albers, PsyD, is a psychologist at the Cleveland Clinic Family Health Center who specializes in eating issues, weight loss, body image concerns, and mindfulness. After obtaining masters and doctorate degrees from the University of Denver, Albers completed an internship at the University of Notre Dame in South Bend, IN, and a post-doctoral fellowship at Stanford University. She conducts mindful eating workshops across the United States and internationally. Albers is author of *50 Ways to Soothe Yourself Without Food*; *Eat, Drink, and Be Mindful*; *Mindful Eating 101*, and *But I Deserve This Chocolate!* Her work has been featured in many media publications including *O*, the Oprah Magazine; *Shape*; *Prevention*; *Vanity Fair*; and the *Wall Street Journal*, and she blogs for the *Huffington Post* and *Psychology Today*. Albers has been a featured expert on many radio and television shows, including *Dr. Oz* and various programs on CNN and NPR. A member of the Academy for Eating Disorders and the International Association of Eating Disorder Professionals, she enjoys blogging, jogging, watching the Sundance Channel, and traveling. Visit Susan Albers online at [www.eatingmindfully.com](http://www.eatingmindfully.com). Foreword writer Lilian Cheung, DSc, RD, is a lecturer and director of health promotion and communication in the department of nutrition at the Harvard School of Public Health. She is a coinvestigator at the Harvard Prevention Research Center on Nutrition and Physical Activity, cocreator of the school-based program, *Eat Well & Keep Moving*, and founder and editorial director of The Nutrition Source website, [www.thenutritionsource.org](http://www.thenutritionsource.org). Cheung is also coauthor of *Be Healthy! Itâ™s a Girl Thing*, and *Savor: Mindful Eating, Mindful Life*.

[www.savorthebook.com](http://www.savorthebook.com)

This is a wonderful little book. By pointing out that most of my eating hygiene has not included taking into consideration what my body actually wants when I am eating, I have been eating mindful of when I become full and then stop eating. I have always eaten what is on my plate without even knowing that I am full. I am now "listening" to my body by only eating food that I require for good nutrition and then, when I am full, I stop eating.

Hi Everyone, I'm so glad I read this! It was very helpful, and exactly what I needed to hear. If you think you have an eating disorder or if you are trying to lose weight like me, I highly recommend it.

I think the concepts in this book are good, but it comes across as pretty repetitive. I think I could get the idea in a book about half as long. That said, I read it through and did get some good insight and guidance. I believe if I put the concepts into use, it will be helpful.

Very easy to read and apply. Mindfulness and food....a wonderful combination. As a therapist, I recommend this book to many of my clients. Also good for anyone really focusing on healthy eating.

Filled with valuable information regarding mindful versus mindless eating. Also offers practices to address the issues raised as one attempts to become more skilled at mindful eating. Well organized, and provides many useful resources. Would recommend this book to all interested in developing a mindful eating practice. Easily generalized to developing a more mindful life. Professionals working in the field of eating disorders should find this a valuable resource.

A great book in conjunction with an eating disorder class. I have not finished the book. I'm taking it slow with my class work.

It is well written, informative and straightforward. I adore anything to do with health and fitness and this book ticks all my boxes. It is full of common sense and a highly recommended read. Regards, KarlaCroydon

Thoughtful approach to building a better relationship to food.

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