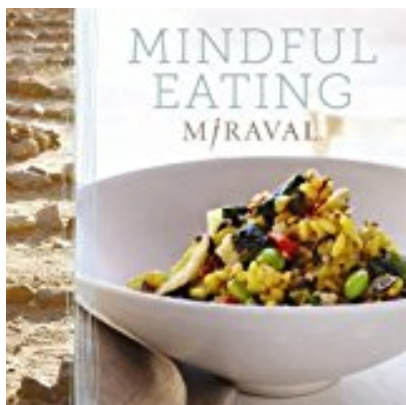


# Mindful Eating

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## BOOK DETAILS

- Author : Miraval
- Pages : 291 Pages
- Publisher : Hay House
- Language : English
- ISBN : 140193823X

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## BOOK SYNOPSIS

The art of mindfulness can transform our struggles with food—and renew our sense of pleasure, appreciation, and satisfaction with eating. Drawing on recent research and integrating her experiences as a physician and meditation teacher, Dr. Jan Bays offers a wonderfully clear presentation of what mindfulness is and how it can help with food issues. Mindful eating is an approach that involves bringing ones full attention to the process of eating—to all the tastes, smells, thoughts, and feelings that arise during a meal. Whether you are overweight, suffer from an eating disorder, or just want to get more out of life, this book offers a simple tool that can make a remarkable difference. In this book, youll learn how to:

- Tune in to your bodys own wisdom about what, when, and how much to eat
- Eat less while feeling fully satisfied
- Identify your habits and patterns with food
- Develop a more compassionate attitude toward your struggles with eating
- Discover what youre really hungry for

Mindful Eating also includes a 75-minute audio program containing guided exercises led by the author.

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