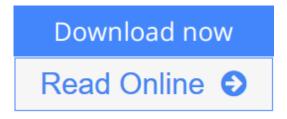


# Eating Mindfully: How to End Mindless Eating and Enjoy a Balanced Relationship with Food

By Susan Albers



**Eating Mindfully: How to End Mindless Eating and Enjoy a Balanced Relationship with Food** By Susan Albers

This book introduces and adapts the concepts of mindfulness and acceptance to the observation and management of eating habits. The result is a series of exercises and meditations that reinforce healthy habits and lead to greater tranquility at meals.

The book describes the four foundations of mindful eating: mindfulness of the mind, the body, the feelings, and the thoughts. It doesn't encourage a diet of deprivation, but instead provides a checklist for the wide variety of mindless eating approaches, which include fasting, dieting, and restricting certain foods, rapid eating, eating when not hungry or when tired, and food rituals.



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#### **Editorial Review**

Review

"This is a simple and powerful books—one that takes the reader on a journey within to find solutions to their own individual eating difficulties."

—Denise Lamothe, Psy.D., HHD, author, *The Taming of the Chew: A Holistic Guide to Stopping Compulsive Eating* 

About the Author

**Susan Albers, PsyD**, is a psychologist at the Cleveland Clinic who specializes in eating issues, weight loss, body image concerns, and mindfulness. Albers conducts mindful eating workshops across the country, and is a frequent keynote speaker. She is author of seven mindful eating books, including the *New York Times* bestseller *Eat Q*; 50 Ways to Soothe Yourself Without Food; But I Deserve This Chocolate!; Eating Mindfully; Eat, Drink, and Be Mindful; and Mindful Eating 101. Her work has been featured in O, Family Circle, Shape, Prevention, Self, Health, Fitness, Vanity Fair, Natural Health, and The Wall Street Journal. She has been a guest on The Dr. Oz Show, and is also a contributor to The Huffington Post and Psychology Today.

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