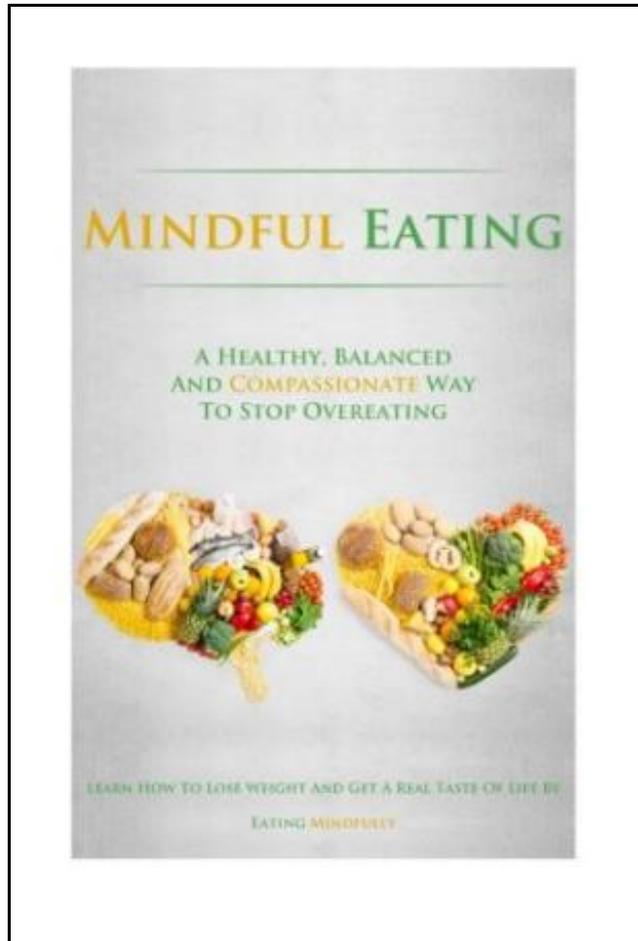


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MINDFUL EATING: A HEALTHY, BALANCED AND COMPASSIONATE WAY TO STOP OVEREATING, HOW TO LOSE WEIGHT AND GET A REAL TASTE OF LIFE BY EATING MINDFULLY (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Mindful Eating: A Healthy, Balanced and Compassionate Way To Stop Overeating, How To Lose Weight and Get a Real Taste of Life by Eating Mindfully What are you hungry for? You may have been drawn to the idea of mindful eating as an antidote to the empty promises of the diet industry, or you may have felt that its time to pursue a more purposeful, more compassionate way of eating. Whatever your reasons and whatever your current relationship to food and your body is, this book can help you reconsider your eating habits and whether they are truly serving your highest good. Through an exploration of the real reasons we overeat, our thoughts and feelings around food, and coming into closer contact with our own true appetites, this book aims to help you craft an open and accepting attitude towards food. Here Is What You Will Learn After Reading This Book: Mindful Eating vs. Mindless Eating Why We Overeat The Benefits of Becoming a Mindful Eater Mindfulness the Nuts and Bolts Practical Ways to be Mindful and Mindfulness Exercises Deep Body Awareness Eating: Finding the Middle Path And much more! And Here s A Preview Of Chapter 1: You sit down to lunch with a friend one Friday afternoon and decide to order a big meal and coffee. The menu looks so good and youre in the mood for celebrating, so why not? As your friend natters on and on you tuck in, and before you know it, your cheeseburger and fries are gone, yet you scarcely remember eating them. You feel a bit bad about scoffing it down so quickly, and penalize yourself mentally for having so little willpower. You decide that youll just skip breakfast...

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