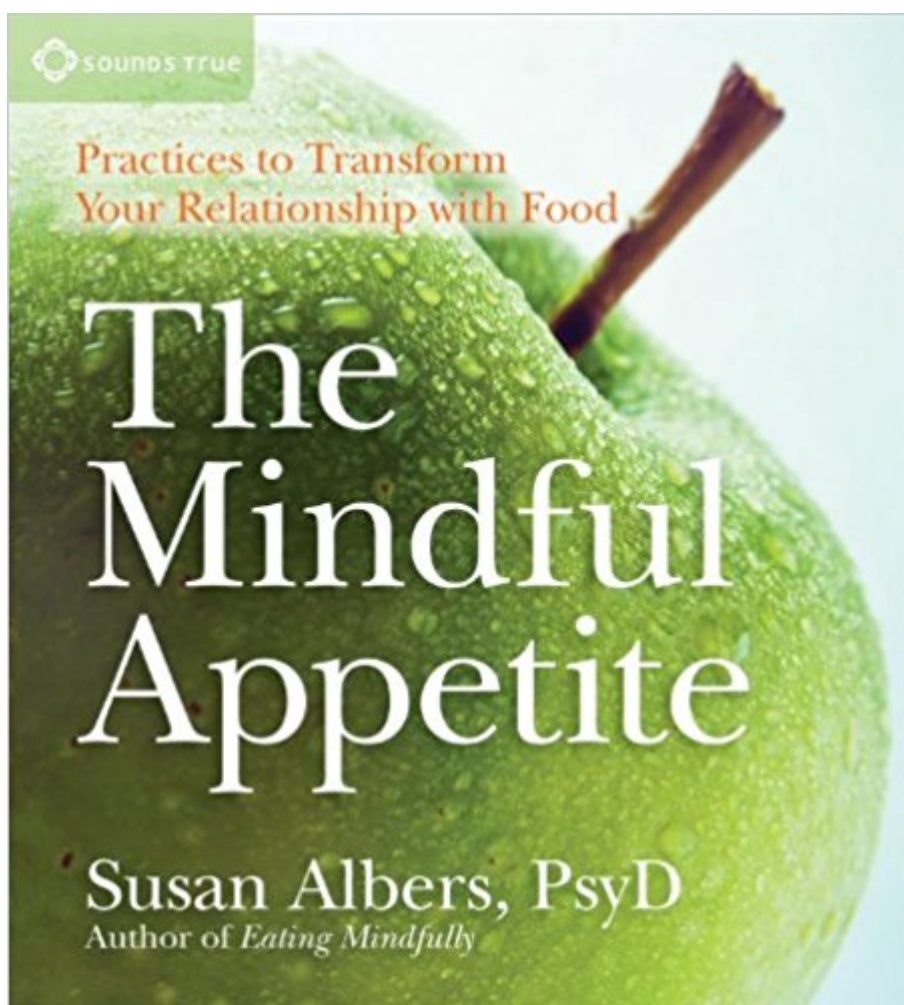


The book was found

The Mindful Appetite: Practices To Transform Your Relationship With Food



Synopsis

Break Free from the Cycle of Mindless Eating Could the foundation of a good diet have less to do with what you eat and more to do with how you eat it? According to Dr. Susan Albers, a specialist in eating disorders, the key to transforming our relationship with food lies in learning to take charge of our minds not our forks through an intimate understanding of the ins and outs of hunger in all its aspects. In *The Mindful Appetite*, she presents teachings and guided exercises for mastering the art of conscious eating or attending to the constant cues our bodies and minds offer to help us make smart, healthy choices at the table. Dr. Albers begins with a practical overview of mindfulness, the latest research into its effectiveness, and the five principle benefits of mindful eating. You'll learn the seven skills of the mindful eater, then experience eight easy-to-follow guided exercises to help you integrate these skills into your daily life: *Taking Your Hunger Temperature* rediscover how to trust your body to tell you what it needs *Lovingkindness Toward Food and Your Body* a meditation for self-acceptance and overcoming negativity *Letting Go of Food Guilt* how to navigate strong emotions and place an anchor of serenity in the moment With *The Mindful Appetite*, now you can find new levels of satisfaction and fulfillment while dining and still eat everything you love.

Course objectives: Summarize the seven skills of the mindful eater on a path of mastering the art of conscious eating. Discuss mindfulness, the latest research into its effectiveness, and the five principle benefits of mindful eating. Recognize how to trust your body to tell you what it needs; rediscovering food as medicine. Practice lovingkindness toward food and your body a meditation for self-acceptance and overcoming negative habits. Practice letting go of food guilt how to navigate strong emotions and place an anchor of serenity in the moment.

Book Information

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Customer Reviews

Susan Albers Susan Albers, PsyD, is a psychologist at the Cleveland Clinic specializing in relationship and weight issues. She has appeared on the Dr. Oz Show and her work has been featured in O, the Oprah Magazine, Shape Magazine, Wall Street Journal, and more. Dr. Albersâ™ books include 50 Ways to Soothe Yourself Without Food; But I Deserve This Chocolate; Mindful Eating 101; and Eat, Drink, and Be Mindful.

Great CD - I listened to a sample of it in Whole Foods and after listening to just this small sample I kept rememebering the words from there and finally decided to purchase it. This CD offers a bunch of mindfulness exercises to help you manage your relationship with food. I would recomend this to everyone interested in nutrition and healthy lifestyle or/and may be you are struggling with occasional overeating, stress eating and binging. The author Susan Albers "reads" this herself - this is helpful too as it is obvious the person reading wants you to succeed, believes in what she is talking about etc.

Totally changed the way I eat and think about food! Susan Alber's is the Queen of Mindful eating. After listening to this over and over I grasped all aspects of mindful eating and have lost 17 lbs in 3 weeks. I finally have found peace with food! I highly recommend these CD's and anything by Susan Albers.

Wow, after listening to Geneene Roth, she is a delight and so calm and positive and upbeat.. Very inspiring and full of practical strategies to be mindful. She has a great online website too.

The cds are good..average...was hopeful for more information

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Workbook to Transform Your Relationship with Food Using CBT, Mindfulness, and Intuitive Eating (An Instant Help Book for Teens) Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food (Includes CD) Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food The Five Keys to Mindful Communication: Using Deep Listening and Mindful Speech to Strengthen Relationships, Heal Conflicts, and Accomplish Your Goals Eating in the Light of the Moon: How Women Can Transform Their Relationship with Food Through Myths, Metaphors, and Storytelling Spartan Fit!: 30 Days. Transform Your Mind. Transform Your Body. Commit to Grit. Savor: Mindful Eating, Mindful Life Transcendental-meditation: Mindful Meditation, A Beginners Guide To Demystifying Meditation & Being Mindful With Transcendental-meditation Ten Lessons to Transform Your Marriage: America's Love Lab Experts Share Their Strategies for Strengthening Your Relationship The Post Traumatic Stress Disorder Relationship: How to Support Your Partner and Keep Your Relationship Healthy Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook, Whole Food Recipes, Clean Eating, Paleo, Ketogenic) Astrology: Understanding Zodiac Signs & Horoscopes To Improve Your Relationship Compatibility, Career & More! (Astrology, Zodiac Signs, Horoscopes, Compatibility, ... Spirit, Crystals, Star Signs, Relationship) The Wise Relationship Adviser - How to Solve Problems between Partners in Your Everyday Life: Multipurpose Handbook of Relationship Improvement Ways Born Round: A Story of Family, Food and a Ferocious Appetite Appetite for Profit: How the food industry undermines our health and how to fight back Appetite for Change: How the Counterculture Took On the Food Industry

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