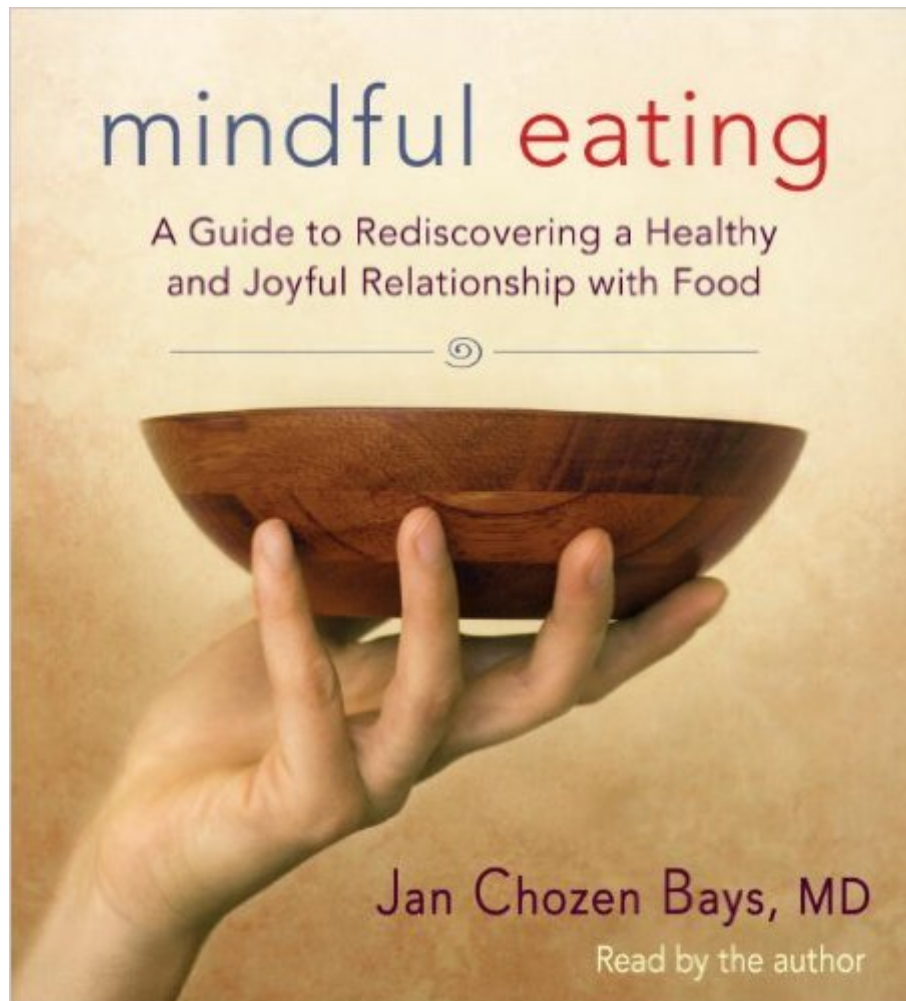


The book was found

# Mindful Eating: A Guide To Rediscovering A Healthy And Joyful Relationship With Food



## Synopsis

An audio edition of Jan Chozen Bays's landmark book on the power of mindfulness to cultivate healthy eatingâread by the author herself. Running time: 6.25 hours

The art of mindfulness can transform our struggles with food and renew our sense of pleasure, appreciation, and satisfaction with eating. Practiced for centuries in the Zen tradition, mindful eating is an approach that involves bringing one's full attention to the process of eatingâ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. Audiobook listeners will learn how to

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

## Book Information

Audio CD

Publisher: Shambhala Audio; Unabridged edition (January 7, 2014)

Language: English

ISBN-10: 1611801389

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Product Dimensions: 5.3 x 0.8 x 5.8 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars See all reviews (4 customer reviews)

Best Sellers Rank: #542,188 in Books (See Top 100 in Books) #24 in Books > Books on CD > Cooking, Food & Wine #184 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #513 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Philosophy

## Customer Reviews

I never finished listening to this set. Unfortunately, with audio CD's, the reader's voice is a dominant factor in keeping the listener engaged. and while the content of this set seemed to be worthwhile, but I, personally, was not able to connect with the reader's voice and so I quit listening to before I finished the first disc. The reader's voice emoted with too much of a bland, monochromatic quality to hold my interest. Perhaps, other individuals would not find this to be the case for them.

This is a wonderful work about our relationship with eating. This book is very well written and I like the easy peaceful style. I loved this book chapter after chapter. Americans have become estranged as a nation from our very important relationship with eating. Mindful Eating is a practice that is of mega importance in our life. Read this book and shift your relationship with food.

I loved listening to this in the car! Her voice is calming and she poses a lot of great questions that I could ponder on my long drive to and from work.

Best diet is no diet? You bet. This book changes the way you think about and experience eating. Find out why you eat when and what and realond to your real needs instead of reacting to urges.

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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 Joy of Eating Well: A Practical Guide to- Transform Your Relationship with Food- Overcome Emotional Eating- Achieve Lasting Results Savor: Mindful Eating, Mindful Life The Food Service Professional Guide to Controlling Restaurant & Food Service Food Costs (The Food Service Professional Guide to, 6) (The Food Service Professionals Guide To) The Mindful Appetite: Practices to Transform Your Relationship with Food Cooking Healthy with a Food Processor: A Healthy Exchanges Cookbook (Healthy Exchanges Cookbooks) The Five Keys to Mindful Communication: Using Deep Listening and Mindful Speech to Strengthen Relationships, Heal Conflicts, and Accomplish Your Goals Helping Your Child with Extreme Picky Eating: A Step-by-Step Guide for Overcoming Selective Eating, Food Aversion, and Feeding Disorders EAT, DRINK, AND BE HEALTHY: The Harvard Medical School Guide to Healthy Eating Travel Healthy: A Road Warrior's Guide to Eating Healthy The Food Service Professional Guide to Controlling Restaurant & Food Service Operating Costs (The Food Service Professional Guide to, 5) (The Food Service Professionals Guide To) The Healthy Instant Pot Pressure Cooker Cookbook: 120 Nourishing Recipes For Clean Eating, Paleo, AIP, Gluten Free, Vegan And Other Healthy Diets Harvest for Hope: A Guide to Mindful Eating Entity-Relationship Approach - ER '94. Business Modelling and Re-Engineering: 13th International Conference on the Entity-Relationship Approach, ... (Lecture Notes in Computer Science) The Clean Eating Cookbook and Diet: Over 100 Healthy Whole Food Recipes and Meal Plans The Paleo Kids Cookbook: Transition Your Family to Delicious Grain- and Gluten-free Food for a Lifetime of Healthy Eating Pure Prairie Eating Plan: Fresh food, practical menus and a healthy

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