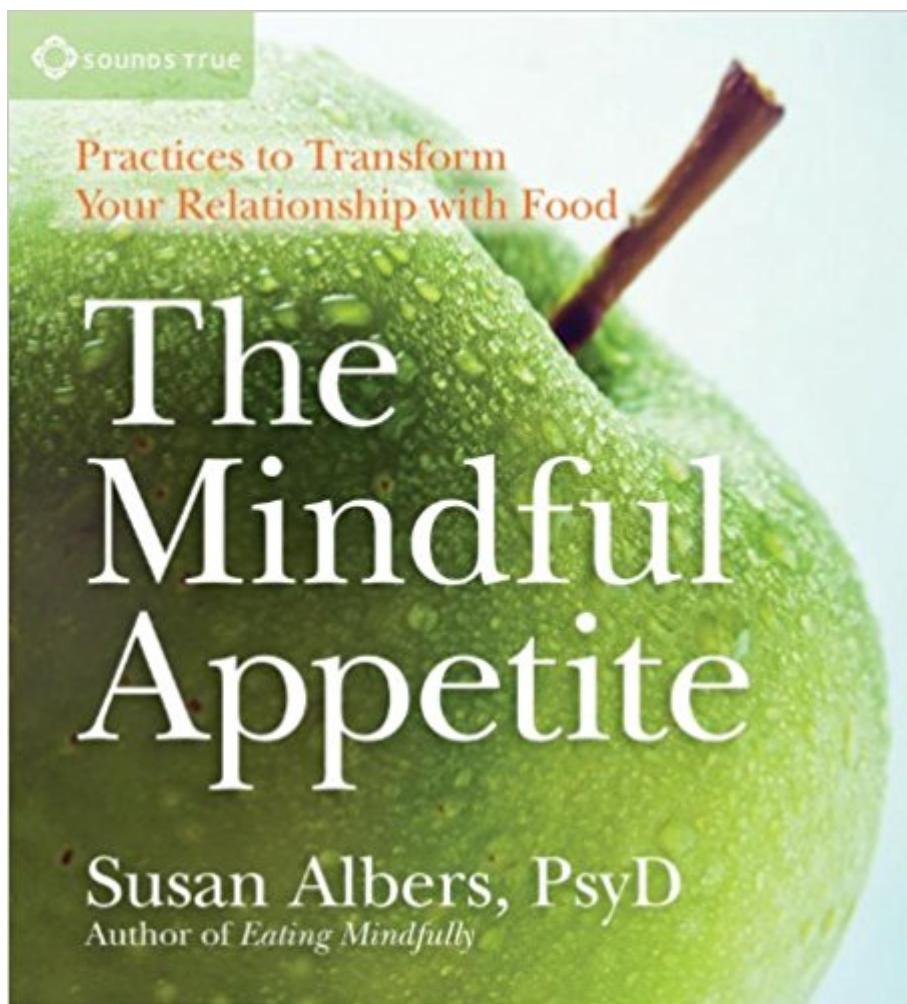


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# The Mindful Appetite: Practices To Transform Your Relationship With Food



## 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. A

## Book Information

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## Customer Reviews

Susan AlbersSusan 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. Albers' 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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