



Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food

Jan Chozen Bays MD

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The art of mindfulness can transform our struggles with food—and renew our sense of pleasure, appreciation, and satisfaction with eating. Drawing on recent research and integrating her experiences as a physician and meditation teacher, Dr. Jan Bays offers a wonderfully clear presentation of what mindfulness is and how it can help with food issues.

Mindful eating is an approach that involves bringing one's full attention to the process of eating—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.

In this book, you'll learn how to:

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

Mindful Eating also includes a 75-minute audio program containing guided exercises led by the author.

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Spent a free time for you to be fun activity to accomplish! A lot of people spent their leisure time with their family, or all their friends. Usually they doing activity like watching television, planning to beach, or picnic within the park. They actually doing ditto every week. Do you feel it? Do you wish to something different to fill your current free time/ holiday? May be reading a book may be option to fill your free time/ holiday. The first thing you ask may be what kinds of book that you should read. If you want to attempt look for book, may be the guide untitled Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food can be excellent book to read. May be it can be best activity to you.

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