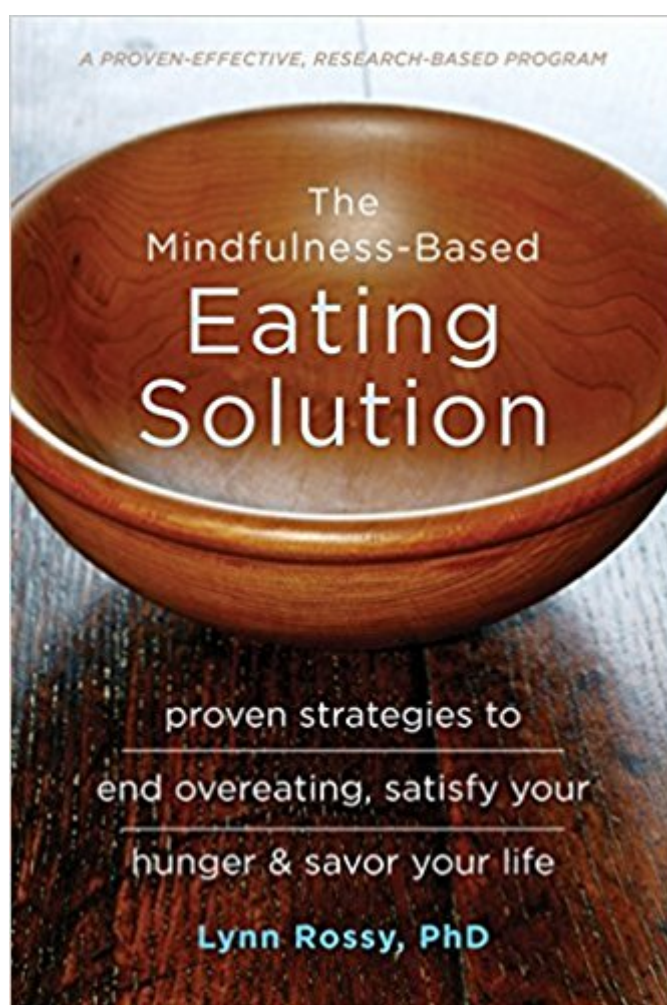


The book was found

The Mindfulness-Based Eating Solution: Proven Strategies To End Overeating, Satisfy Your Hunger, And Savor Your Life



Synopsis

What are you really hungry for? Is it food, happiness, or something else? In this unique book, mindfulness expert Lynn Rossy offers a proven-effective, whole-body approach to help you discover the real reasons why you're overeating. In *The Mindfulness-Based Eating Solution*, Rossy provides an innovative and proven-effective program to help you slow down, savor each bite, and actually eat less. This unique, whole-body approach will encourage you to adopt healthy eating habits by showing you how to listen to your body's intuition, uncover the psychological cause of your overeating, and be more mindful during mealtime. If you find yourself eating without thinking, because you feel bored or sad, or simply because you've had a hard day, indulging here and there is understandable. But emotional eating can often spiral out of control, leading to obesity, diabetes, and heart problems in the long run. The whole-body program in this book will help you learn how to listen to your body's needs, so that you can stay healthy and happy, without giving up your love for food. In fact, according to a recent study, women in the author's Eat for Life program reported higher levels of body appreciation and intuitive eating and lower levels of problematic eating behaviors than did the wait list comparison group. If you want to lose weight, feel better, and truly enjoy your food, the easy-to-use strategies in this book will show you how to "one mindful taste at a time."

Book Information

Paperback: 232 pages

Publisher: New Harbinger Publications; 1 edition (July 1, 2016)

Language: English

ISBN-10: 1626253277

ISBN-13: 978-1626253278

Product Dimensions: 5.9 x 0.6 x 8.9 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 32 customer reviews

Best Sellers Rank: #34,692 in Books (See Top 100 in Books) #25 in Books > Health, Fitness & Dieting > Mental Health > Eating Disorders #244 in Books > Health, Fitness & Dieting >

Alternative Medicine > Meditation #260 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

Customer Reviews

A straightforward and commonsensical glide path into fine-tuning one of the most fundamental

relationships in our lives, namely with food, for the sake of well-being, health, happiness, and social connection. This book will nourish and support you in multiple ways and, if you stick with its recommendations for practicing mindfulness, will give you more than a taste of who is eating in the first place, and why.

• "Jon Kabat-Zinn, author of *Mindfulness for Beginners*

• Lynn Rossy takes us on a most uplifting and exquisite journey. She shows us how by bringing more consciousness to our eating, we can truly nourish ourselves and experience genuine well-being. She shows us how to have a healthy relationship with our bodies and minds, understand our habits while not being run by them, learn to listen to the wisdom right inside of us, and discover how to truly savor life. Clear, practical, and engaging, *The Mindfulness-Based Eating Solution* makes the process of taking good care of ourselves inspiring and fun. A wonderful book!

• "James Baraz, coauthor of *Awakening Joy*, and cofounding teacher at Spirit Rock Meditation Center in Woodacre, CA

• *The Mindfulness-Based Eating Solution* gives anyone who has struggled with food a realistic and achievable approach to finding peace with food and eating. While founded on solid science, Lynn Rossy offers a supportive, nurturing, and real-life approach to inviting change while still enjoying the foods you love. *The Mindfulness-Based Eating Solution* will have you savoring each bite, appreciating your body, and leaving each meal feeling satisfied. Why beat up on yourself and continue to eat on autopilot? This excellent book gives you a clear road map for getting off the diet merry-go-round and building a healthy relationship to food!

• "Donald Altman, MA, LPC, author of *The Mindfulness Toolbox*, *Clearing Emotional Clutter*, and *12-Weeks to Mindful Eating*

• Reading this book is like talking to a wise and warmhearted friend

• "a friend who has the knowledge and experience to help you reclaim the natural pleasure and daily satisfaction that is inherent in eating. As an added bonus, it

• 's filled with helpful exercises and tips based on scientific studies, including the author

• 's own research.

• "Jan Chozen Bays, MD, author of *Mindful Eating*

Lynn Rossy, PhD, is a licensed clinical psychologist at the University of Missouri's wellness program for faculty and staff. She developed *Eat for Life*, a mindfulness-based intuitive eating program that successfully helps people overcome eating issues, improve body image, and enhance weight loss. She is on the board of directors of The Center for Mindful Eating.

This book was truly life changing, I enjoyed every page and every chapter! What I liked most about it was it was an easy read, meaning, it didn't read like a text book, it read like a helpful guide. I have been studying *Mindful Eating* for over a year, and this book truly tied all of my learning together and clarified a lot in one spot. A MUST read!

If you're tired of dieting and your negative relationship with thoughts of "beauty", your body and food, this book is for you. It's very easy to read and is a very practical and accessible way to simply rethink and reconsider our hunger and how to really nourish what we're truly hungry for.

This is an excellent read for all who want to have a positive relationship with food.

This is an excellent book, with very good meditations.

Good, concise, very informative.

So much wonderful info!

Whether your goal is weight loss or to thoroughly enjoy the food you eat, this book is a must read. The author writes in a clear and gentle voice that guides the reader through a simple and effective approach to eating. She supports her approach with plenty of research and her years of experience and training in the field of mindfulness based strategies for health and well-being. I read the book in a day and have found myself eating less and enjoying it more. Don't pass up this delicious gem of a book that shines above others in its class.

Great book just makes you more aware of what and when you are eating

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The Mindfulness-Based Eating Solution: Proven Strategies to End Overeating, Satisfy Your Hunger, and Savor Your Life
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The Emotional Eating Workbook: A Proven-Effective, Step-by-Step Guide to End Your Battle with Food and Satisfy Your Soul
Getting Over Overeating for Teens: A Workbook to Transform Your Relationship with Food Using CBT, Mindfulness, and Intuitive Eating (An Instant Help Book for Teens)
Gumbo: a Savor the South® cookbook (Savor the South Cookbooks)
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 The

Binge Eating and Compulsive Overeating Workbook: An Integrated Approach to Overcoming Disordered Eating (The New Harbinger Whole-Body Healing Series) The Hunger Fix: The Three-Stage Detox and Recovery Plan for Overeating and Food Addiction Binge Eating: Cure Binge Eating, Overcome Food Addiction, and Rid Your Life of Eating Disorders (Binge Eating Cure Series Book 1) Mindfulness: Mindfulness for Beginners: How to Live in The Present, Stress and Anxiety Free (FREE Bonus Gift Included) (Mindfulness, Meditation, Buddhism, Zen) 50 More Ways to Soothe Yourself Without Food: Mindfulness Strategies to Cope with Stress and End Emotional Eating How to Have Your Cake and Your Skinny Jeans Too: Stop Binge Eating, Overeating and Dieting For Good, Get the Naturally Thin Body You Crave From the Inside Out Well Nourished: Mindful Practices to Heal Your Relationship with Food, Feed Your Whole Self, and End Overeating CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers,Sugar free detox,Healthy ... Eating Cookbook,Loss weight Fast,Eat thin) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Savor: Mindful Eating, Mindful Life Heal Your Hunger: 7 Simple Steps to End Emotional Eating Now The End of Overeating: Taking Control of the Insatiable American Appetite The Hunger Games Coloring Book for Adults and Kids: Coloring All Your Favorite Hunger Games Characters

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