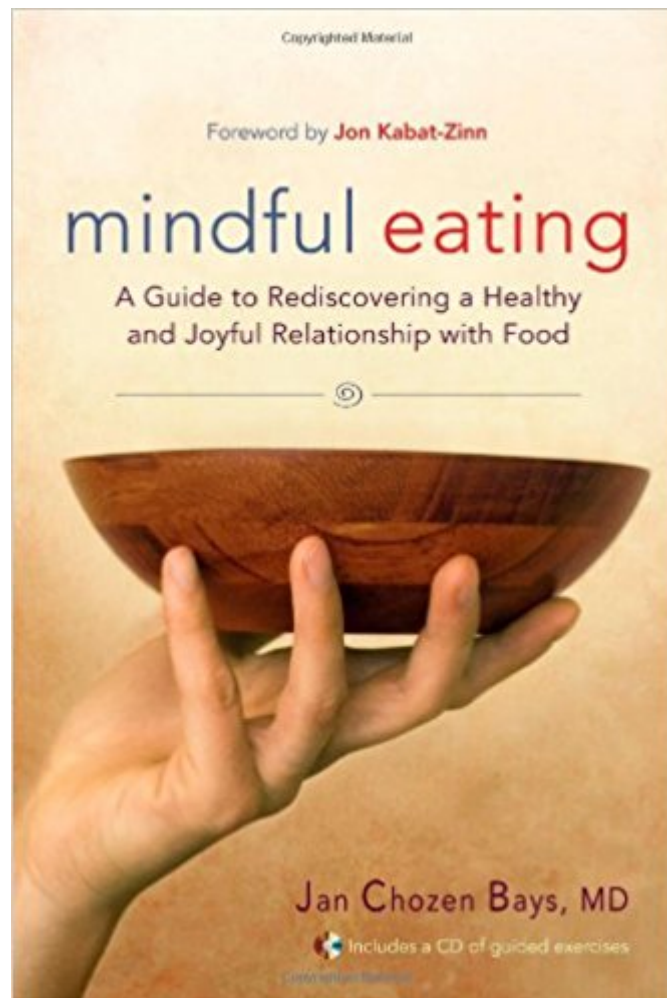




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Mindful Eating: A Guide To Rediscovering A Healthy And Joyful Relationship With Food (Includes CD)



Synopsis

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 CD containing guided exercises led by the author.

Book Information

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Average Customer Review: 4.4 out of 5 stars 107 customer reviews

Best Sellers Rank: #74,489 in Books (See Top 100 in Books) #70 in Books > Health, Fitness & Dieting > Mental Health > Eating Disorders #73 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Spirituality #88 in Books > Politics & Social Sciences > Social Sciences > Customs & Traditions

Customer Reviews

Starred Review. Persuasively arguing that Americans have become obsessed with the constant pursuit of satiation, often to the detriment of their health, pediatrician and Zen teacher Bays calmly and systematically explains how a thoughtful approach to eating and drinking can positively affect one's weight and overall health. Through a series of guided exercises and meditations (and an

accompanying CD), Bays encourages readers to examine their eating habits and relationships with food. Bays blames the "Seven Hungers"-of eye ("boy those donuts look good"), mind ("I really should eat more grapefruit") heart ("this apple pie reminds me of my grandmother") and so on-for shaping our unhealthy and/or irrational eating patterns; our inner perfectionists, critics and pushers only add to the cacophony, and Bays gives readers tools for silencing these discouraging voices. Bolstered by third-party research and a wealth of anecdotes, Bays's case for introspection over ice cream binges should connect with many. Though she doesn't promise instant results, Bays offers readers a guide to lifelong health through a measured attitude toward food; hers may well be the healthiest, most sane diet book to hit shelves in a while. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

“Jan Chozen Bays should be recruited by the slow food movement. My favorite mindfulness book from the past year.”
•Barry Boyce in Shambhala Sun "If you give yourself over wholeheartedly to the practices described here, you will be thanking yourself and Dr. Bays for recovering your life and for enjoying the blessings of food in ways that feel liberated and delightful."
•from the foreword by Jon Kabat-Zinn

I find it difficult to rate this book .She's a great writer and knows her subject, but when I tried to read it from beginning to end, I was bored and couldn't make it through. On the other hand, there are some invaluable gems in this book. Things that have changed my way at looking at food, and I found myself skimming and highlighting some important passages. I'd recommend it on that alone.

It's a good book, contains useful information, though you'd better be prepared to do a lot of practice and excersices. I will rather have the whole theory put before me, and afterwards, have a section for excercises.

It's a bit boring for me to read this book. I will have to make another attempt, and just read one page at a time.

This is the answer to all the craziness out there that is dieting. Presented in this book is that which was obvious to our ancestors and even our grandparents. If you struggle with eating, especially with operating compulsively, this book is for you. Enjoy.

This is a great book, especially for those familiar with mindfulness meditation. When I read about "eye hunger" I did not know what to think. But then seeing how that concept worked in my life was a great revelation, and helped me tremendously to change eating habits. A book that changes how I perceive things I will always treasure.

Buddhism for eating. This is not a diet book, but it gives you the tools to have a better relationship with what you put in your stomach. Packed with exercises and facts to help you better understand your eating or disorders. It's a must read.

For me, it seems that the book works to teach you to enjoy eating and to eat with a purpose. Understanding why we eat and what foods our bodies should eat to keep us healthy. The book takes both a physical and mental approach to eating. The book also comes with a CD that provides a guide to meditation and various meditation exercises to help you in developing a healthy balance between the mind and body in your approach to eating.

Good read, especially if you are looking at changing eating patterns and mindset.

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