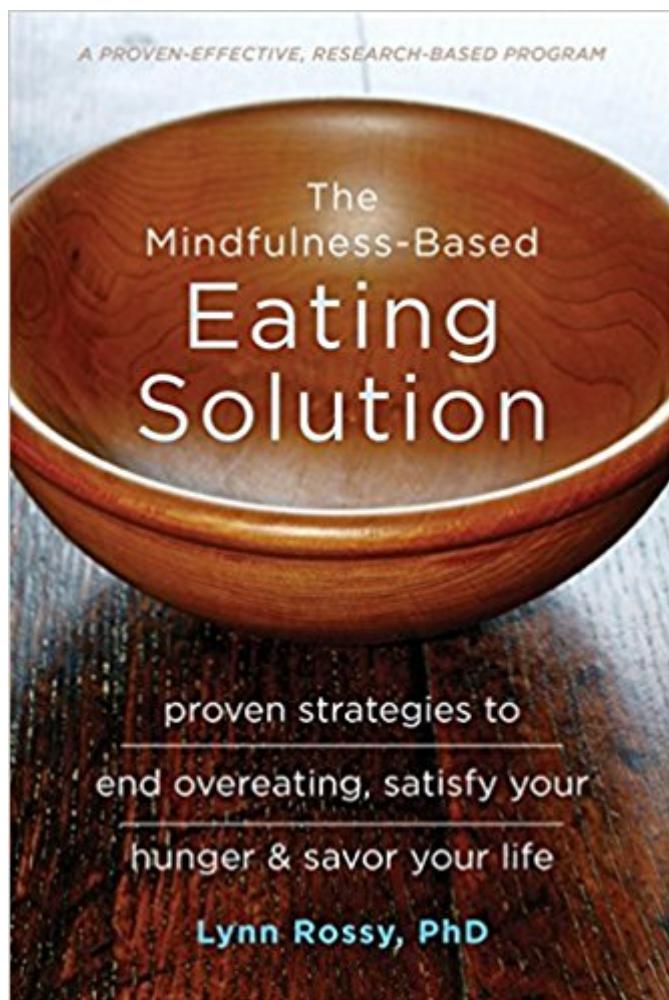


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# The Mindfulness-Based Eating Solution: Proven Strategies To End Overeating, Satisfy Your Hunger, And Savor Your Life



## 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—one mindful taste at a time.

## Book Information

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## 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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