



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

By Simeon Lindstrom

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. 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 What are you hungry for? You may have been drawn to the idea of mindful eating as an antidote to the empty promises of the diet industry, or you may have felt that its time to pursue a more purposeful, more compassionate way of eating. Whatever your reasons and whatever your current relationship to food and your body is, this book can help you reconsider your eating habits and whether they are truly serving your highest good. Through an exploration of the real reasons we overeat, our thoughts and feelings around food, and coming into closer contact with our own true appetites, this book aims to help you craft an open and accepting attitude towards food. Here Is What You Will Learn After Reading This Book: Mindful Eating vs. Mindless Eating Why We Overeat The Benefits of Becoming a Mindful Eater Mindfulness the Nuts and Bolts Practical Ways to be Mindful and Mindfulness Exercises Deep Body Awareness Eating: Finding...



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