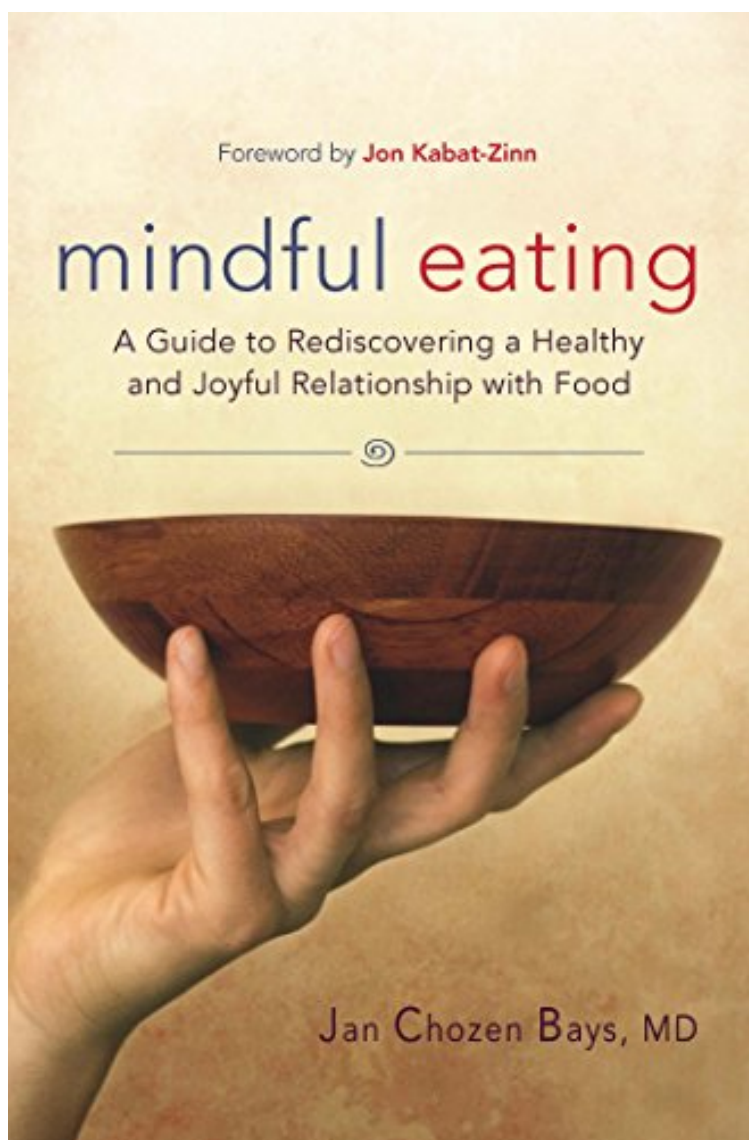


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# Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food--includes C D



*Par Jan Chozen Bays MD  
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## Description :

Prsentation de l'diteurThe art of mindfulness can transform our struggles with foodand 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 in to 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.

Revue de presse 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

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