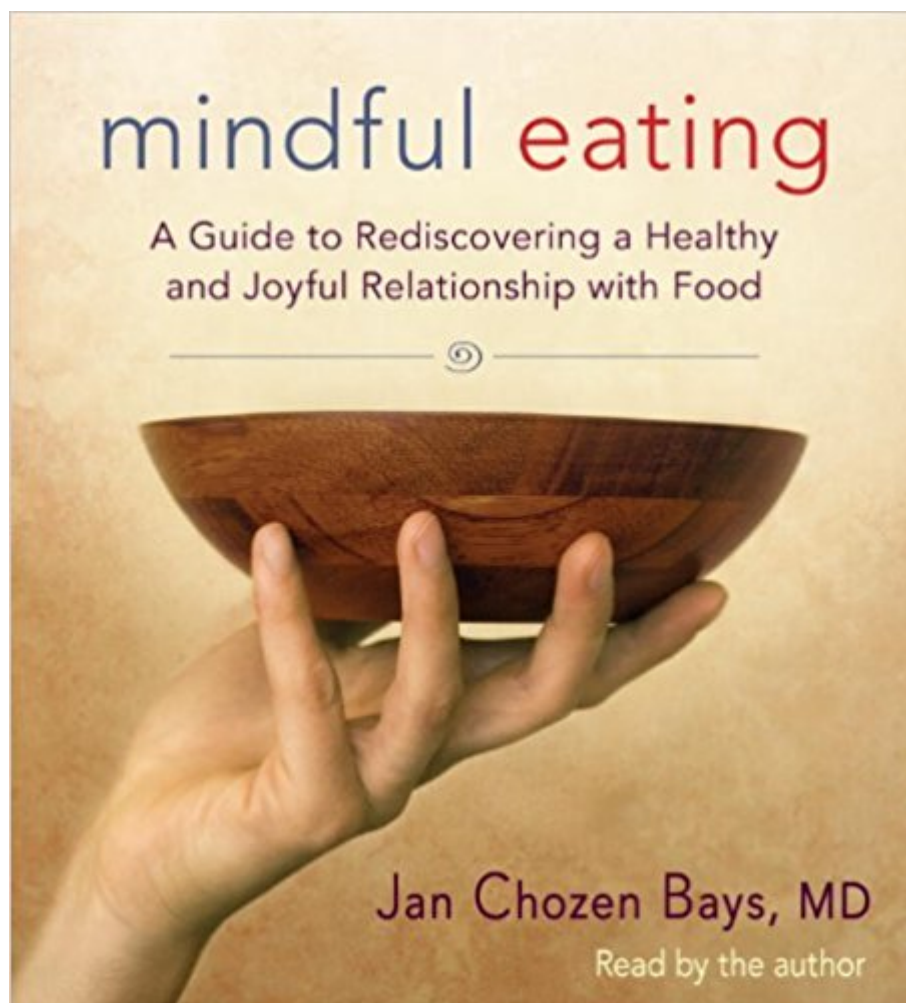




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Mindful Eating: A Guide To Rediscovering A Healthy And Joyful Relationship With Food



Synopsis

An audio edition of Jan Chozen Bays's landmark book on the power of mindfulness to cultivate healthy eating—read by the author herself. Running time: 6.25

hours

The art of mindfulness can transform our struggles with food and renew our sense of pleasure, appreciation, and satisfaction with eating. Practiced for centuries in the Zen tradition, 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. Audiobook listeners will learn how to

Tune in to the body's own wisdom about what, when, and how much to eat

Eat less while feeling fully satisfied

Identify habits and patterns with food

Develop a more compassionate attitude toward struggles with eating

Discover what we're really hungry for

Book Information

Audio CD

Publisher: Shambhala Audio; Unabridged edition (January 7, 2014)

Language: English

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Product Dimensions: 5.2 x 0.8 x 5.8 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 4 customer reviews

Best Sellers Rank: #1,146,918 in Books (See Top 100 in Books) #46 in Books > Books on CD > Cooking, Food & Wine #259 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #853 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Philosophy

Customer Reviews

JAN CHOZEN BAYS, MD, is a pediatrician and a Zen teacher (roshi). She has taught mindful eating for more than twenty years. Concerned by the rise in obesity and eating disorders among children and adults, she developed the Art of Mindful Eating workshop for individuals and healthcare professionals. She is also the author of *How to Train a Wild Elephant: And Other Adventures in*

Mindfulness.

This is a wonderful work about our relationship with eating. This book is very well written and I like the easy peaceful style. I loved this book chapter after chapter. Americans have become estranged as a nation from our very important relationship with eating. Mindful Eating is a practice that is of mega importance in our life. Read thisbook and shift your relationship with food.

I loved listening to this in the car! Her voice is calming and she poses a lot of great questions that I could ponder on my long drive to and from work.

Best diet is no diet? You bet. This book changes the way you think about and experience eating. Find out why you eat when and what and realond to your real needs instead of reacting to urges.

I never finished listening to this set. Unfortunately, with audio CD's, the readers's voice is a dominant factor in keeping the listener engaged. and while the content of this set seemed to be worthwhile, but I, personally, was not able to connect with the reader's voice and so I quit listening to before I finished the first disc. The reader's voice emoted with too much of a bland, monochromatic quality to hold my interest. Perhaps, other individuals would not find this to be the case for them.

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