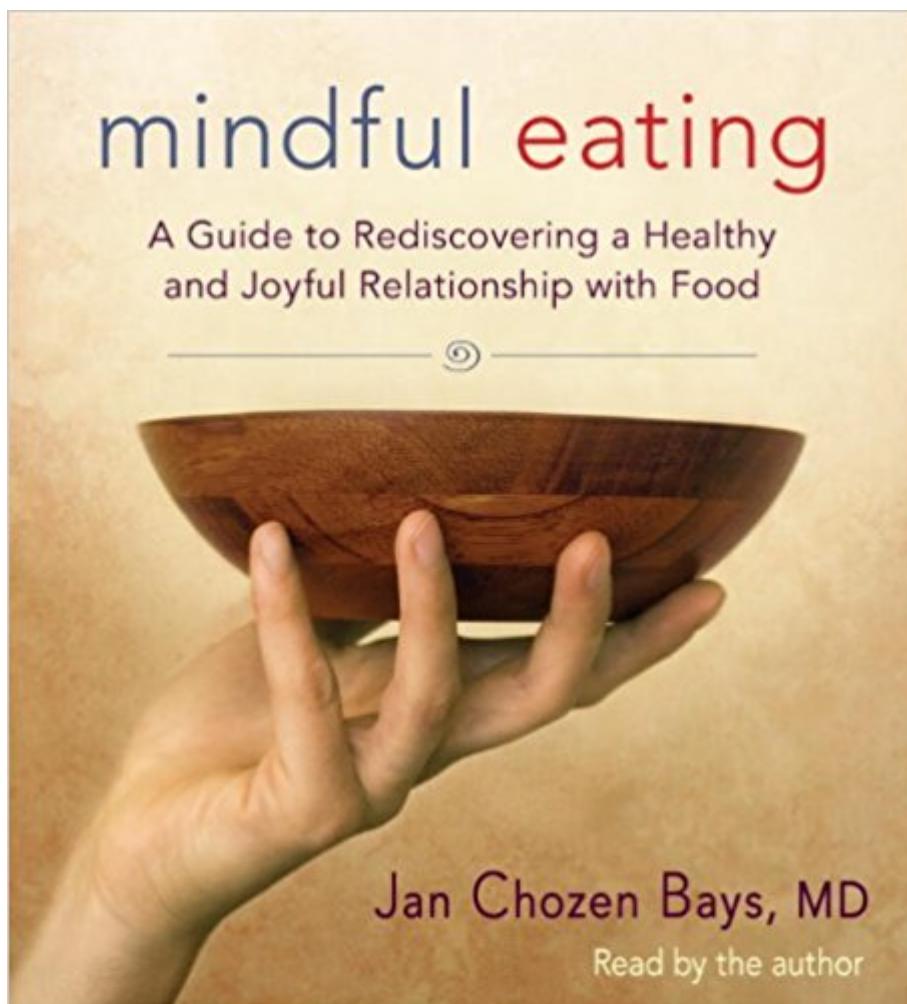


The book was found

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

ISBN-10: 1611801389

ISBN-13: 978-1611801385

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 this book 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 respond to your real needs instead of reacting to urges.

I never finished listening to this set. Unfortunately, with audio CD's, the reader'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 emitted 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.

[Download to continue reading...](#)

Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food (Includes CD) Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight Loss, Eat Clean Diet Book Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help You Lose weight naturally (Clean eating cookbook, Weight Watchers, Sugar free detox, Healthy ... Eating Cookbook, Loss weight Fast, Eat thin) Binge Eating: Cure Binge Eating, Overcome Food Addiction, and Rid Your Life of Eating Disorders (Binge Eating Cure Series Book 1) 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 Savor: Mindful Eating, Mindful Life Whole Food: The 30 day Whole Food Ultimate Cookbook 100 recipes (Whole Food Diet, Whole Food Cookbook, Whole Food Recipes,

Clean Eating, Paleo, Ketogenic) The Joy of Eating Well: A Practical Guide to- Transform Your Relationship with Food- Overcome Emotional Eating- Achieve Lasting Results Eating Mindfully: How to End Mindless Eating and Enjoy a Balanced Relationship with Food Food Truck Business: How To Start Your Own Food Truck While Growing & Succeeding As Your Own Boss (Food Truck, Food Truck Business, Passive Income, Food ... Truck Startup, Food Truck Business Plan,) Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) End Emotional Eating: Using Dialectical Behavior Therapy Skills to Cope with Difficult Emotions and Develop a Healthy Relationship to Food The Intuitive Eating Workbook: Ten Principles for Nourishing a Healthy Relationship with Food (A New Harbinger Self-Help Workbook) Well Nourished: Mindful Practices to Heal Your Relationship with Food, Feed Your Whole Self, and End Overeating The Mindful Appetite: Practices to Transform Your Relationship with Food Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) The Ultimate Eating Thai Food Guide (2017 Edition): Your guide to discovering, ordering, and eating authentic Thai food that you'll never forget! The High Fiber Cookbook: Over 50 Delicious Recipes for Healthy Eating (The Healthy Eating Library)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)