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"An empowering program, gifting the reader with easy-to-implement tools... that will clearly
enhance your resolve when it comes to eating right." – DAVID FERLMUTTER, M.D., F.A.C.N.,
#1 New York Times bestselling author of *Grain Brain*

PROVEN STRATEGIES *to* CHANGE YOUR HABITS *from*
DUKE INTEGRATIVE MEDICINE

The Mindful Diet

How to Transform Your Relationship
with Food for Lasting
Weight Loss and Vibrant Health



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The Mindful Diet: How to Transform Your Relationship with Food for Lasting Weight Loss and Vibrant Health



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"An essential, must-read guide" (Dr. Ingrained diet plan. It's not eat that program; But each year millions of Americans vow to lose excess weight and become healthy and aren't. Packed with concrete meditation exercises, behavioral methods, nutrition assistance, and meal-planning charts, this book provides the tools to manage cravings, curb emotional overeating, and figure out when you are full. Susan Albers, New York Times bestselling author of Consuming Mindfully) from the renowned Duke Integrative Medicine center: the first publication to combine health psychology with cutting-edge nourishment research to provide an up-to-the-minute way for consuming mindfully and breaking the yo-yo diet routine. Lasting weight loss and healthful living begin in the mind: you can now learn how to re-program your body, make healthy choices, lose excess weight, and keep it off for life. a step-by-step system that dismantles aged patterns, provides new tools to make healthy options, and fosters deep, internal motivation. Grounded in scientific study, The Mindful Diet plan examines how what we eat and drink affects the body on a biochemical level, and how exactly we can become aware of our own internal indicators through the practice of mindfulness. It is in a position to overcome the biggest roadblock to these shifts— Rather than an all-or-nothing approach to eating, The Mindful Diet focuses on the many variables that get our practices—including pressure, unhappiness, and even unconscious beliefs—and provides a roadmap for sustainable change. " (Publishers Weekly). It's easy on occasion to eat too much, eat prematurely, eat for convenience, or choose junk food. rather, it's an strike on the negative thoughts and patterns that result in diet failing. This is simply not an eat this, don't Right now two leading experts from Duke Integrative Medication offer a new paradigm for consuming and health—



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Absolutely the most effective book ever discussed overeating Absolutely the very best book ever discussed overeating, your relationship with food and losing weight along with being completely healthy.. The insight and exercises to overcome the emotions and actions that cause me to get weight are phenomenal..COULD BE THOUGHT PROVOKING. Great resource/very helpful I have browse a whole lot of weight loss books through the years and this is one of the best I have read so far. It's not one particular books that delivers gimmicks or fake promises. What it does offer are tools that have helped me pinpoint why I overeat -ie triggers, emotions, lack of life balance, food choices that increase the drive to overeat etc. -and it provides strategies on how to address each of these areas. Glad I decided to read that one!Overall, I am finding the tools and strategies in this book to be quite helpful and am currently seeing changes in my own eating behaviors. Finally, what I really like is that lots of ,if not all , of the suggestions in this publication are study based and proven to be successful. Challenging but workable solution. scientifically based and addresses practical problems of using mindfulness and habit modification to build up a wholesome diet.. Easy to read Readable, Excellent and practical tips that is easy to follow. No rigid rules in what to eat , just how much and when. Worth reading. Five Stars Like the insight in this publication.. HOW EXACTLY TO TRANSFORM YOUR RELATIONSHIP WITH FOOD SUCH AN INTERESTING METHOD OF BEING AWARE OF Food cravings AND WHAT IT REPRESENTS TO EVERY INDIVIDUAL. WHAT ARE YOU TRULY HUNGRY FOR. Helps one to change from calorie counting and starvation to accepting the task of cooking and tasting and learning how exactly to decide when enough will do.... Simply the most sensible thing ever written. Five Stars VERY INFORMATIVE AND BEGINNING TO SEE SOME RESULTS. I highly recommend this above all others if you truly want to learn how exactly to eat healthy, choose prudently, lose weight and be a fully satisfied, healthy individual permanently. I do NOT like the easy on the fork for a .. Also that a registered dietitian is certainly a co-author. The book captured my attention the moment I opened it. I also liked the practical recommendations for cooking forward on the weekends. one of my patients Writing as a health professional!" Also rereading parts of The Mindful Diet. I covered mine with an image of broccoli and rice!!! do NOT like the easy on the fork for a cover photo -- simply makes me hungry! Some tips about what one of my clients had to share. I am aware completely right now why I overeat, am obese in the most endepth way.! Am discussing the book as the bible of food and wellness." Beth and Ruth are an incredible combination of knowledge and skill - therefore grateful because of this book New approach helps you prepare for changes in your eating Being someone who has stopped reading diet plan books because they are usually all the same, I really liked this process. Getting back to how our eating relates to our goals and values is crucial to maintaining good eating. Lack of knowing of what I am consuming is a major issue for me personally. The nutrition facet of the book is excellent as well in that it really helps one understand the influence food options can have on food cravings drive and overall well being. Three Stars It's ok



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