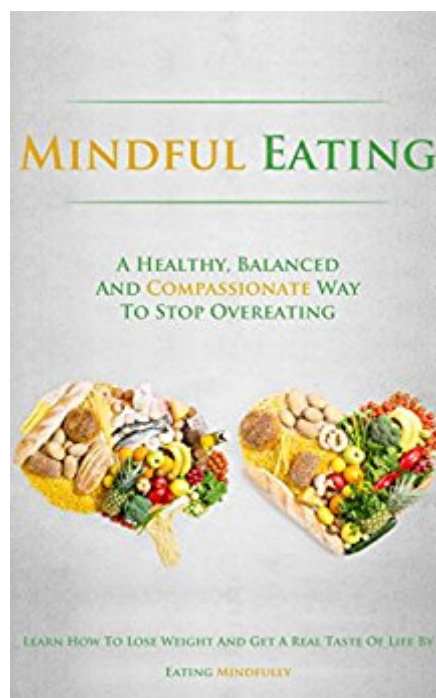




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Mindful Eating: A Healthy, Balanced And Compassionate Way To Stop Overeating, How To Lose Weight And Get A Real Taste Of Life By Eating Mindfully



Synopsis

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Book Information

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Customer Reviews

I have been interested in mindfulness for quite awhile, occasionally practicing meditation and such, so I was definitely interested to see what this book had to say. Honestly, I have never been a dieter, I always believed that going on and off crazy fad diets actually does more harm than good. However, I will admit that I do find myself emotionally eating, especially during stressful times and putting on a few extra unwanted pounds. The ideas and suggestions in this book are a "plan" I could actually follow. No beating yourself up if you make a bad choice, no foods that are strictly off limits and no nasty-tasting supplements or shakes to drink. As simple as mindfulness is in its basic form, the hard part is making it a habit to live your life actually experiencing everything instead of being on autopilot. This book gives some great pointers to help you along the way. I can testify that when I am mindful about what I eat, I eat less, I tend to eat healthier and I enjoy food much more. I also find

that focused attention spreading out to other areas of my life. I would highly recommend this book, both to those who are new to mindfulness practice and those like me who appreciate its benefits, but occasionally get distracted and forget how important it truly is.

Wow, what a complete breath of fresh air! I'm so glad I decided to get this book! Having struggled with being overweight for over a decade now, all the while being constantly overwhelmed by the incessant stream of fad diets that seem to pop up around every other corner, I'm now completely convinced that the conventional dieting mindset is utterly damaging and counterproductive. This whole concept of mindful eating is such a contrasting approach to all these diets that all seem to promote losing weight before gaining health. What I loved about this book is that the author really got to the heart of the issue, describing in detail how the ultimate goal is really to become fully tuned in to our own appetites, desires and passions, but also to tune out the clutter and noise from the outside world that stifle our inborn intuition about what is good for us and what isn't. It was quite an inward journey to be able to follow along with the fictional character that the author had created in order to better explain and convey the concepts of mindful eating to the reader. I could really resonate with her, and that helped tremendously. Now, having read this book, I really feel that I've gained a new understanding of what true hunger really is, at least for me. And I have also been able to recognize the psychological, emotional, behavioral, physical and even spiritual causes behind my overeating. And as the author states, it is only then that we can truly start to take realistic steps to remedy it. Which is exactly what I'm planning on doing from now on. If you're anything like me, never really had a healthy relationship with food, I urge you do the same. There is a wealth of information found in this book. Thank you!

Before this book, I didn't have a true understanding of what mindfulness was, but this book does an excellent job of explaining how we can be better in tune with our minds and bodies and what we put in them. I don't generally give much thought to what I'm eating, I eat because I'm hungry. After reading this book, I will start to ask myself am I really hungry or is something else going on. I would definitely recommend this book to everyone, because I think we can all use mindfulness in our lives.

This is a great book, explaining the psychology of why we overeat and practical ways to address it. There are lots of great tips and techniques to take control of our eating "emotions" and to become

more aware of what and when we eat. Highly recommended!

Simeon's ebook is a completely novel and meaningful way of perceiving food and eating. I've always wondered why my eating often goes out of control, and the more I say "later, I'll make up for my dieting", the more my overeating gets worse! Simeon's ebook guided me to have a better attitude about eating. It's being in the moment of eating, relaxing and savoring the pleasure of eating. Indeed feeling and being mindful when I eat is satiating. I didn't regret buying this book, it's a guaranteed valuable read!

Just finished reading your book Lindstrom. It was well written and explained in detail how to become a mindful eater. I always try to remind myself of the reason why I became obese. I think I've found an answer to that question in this book. It has to do with how you think and feel about eating. Also, I loved the content about Mindful Eating Vs Mindless Eating. A really nice chapter, and well stated. This book was a real mind-opener and after reading it I feel like I have gained a new understanding of what I need to do, personally, in order to address my own relationship with food. Well done author, and I'm definitely looking forward to your next book."

Right from the start, Simeon catches my interest by describing the unpleasant, and too well known afterfeeling of indulging in foods and treats. He is spot on when he talks about the lack of control in the moment of indulging, and how you after one initial bite can't stop yourself to another one. For example, Simeon tells about how we need to be more aware of our choices, in order to decrease eating of other reasons than actually being hungry. The book is easily read and enjoyable, and it also gives you a certain kind of calm as he has a way of reaching out to the reader in a non-judgemental way. It focuses on how you can help yourself instead of how a diet can help you, and has made me better able to scan my eating behavior and develop a healthy appreciation for food.

This book gets to the heart of the matter - a short explanation of mindfulness, some great psychological insights, and then some practical suggestions. I loved that I didn't have to slog through mounds of theory and supportive research. This author did not try to write "the definitive anthology" for this topic. His tone is pleasant and straightforward. Read this book, make a few conscious choices for yourself, and start to feel happier ... All before going to bed tonight.

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Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) South Beach Diet: Lose Weight and Get Healthy the South Beach Way (South Beach Diet, Weight Watchers, Mediterranean Diet) South Beach Diet: Lose Weight and Get Healthy the South Beach Way (Free Bonus Included) (South Beach Diet, Weight Watchers, Mediterranean Diet Book 1)

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