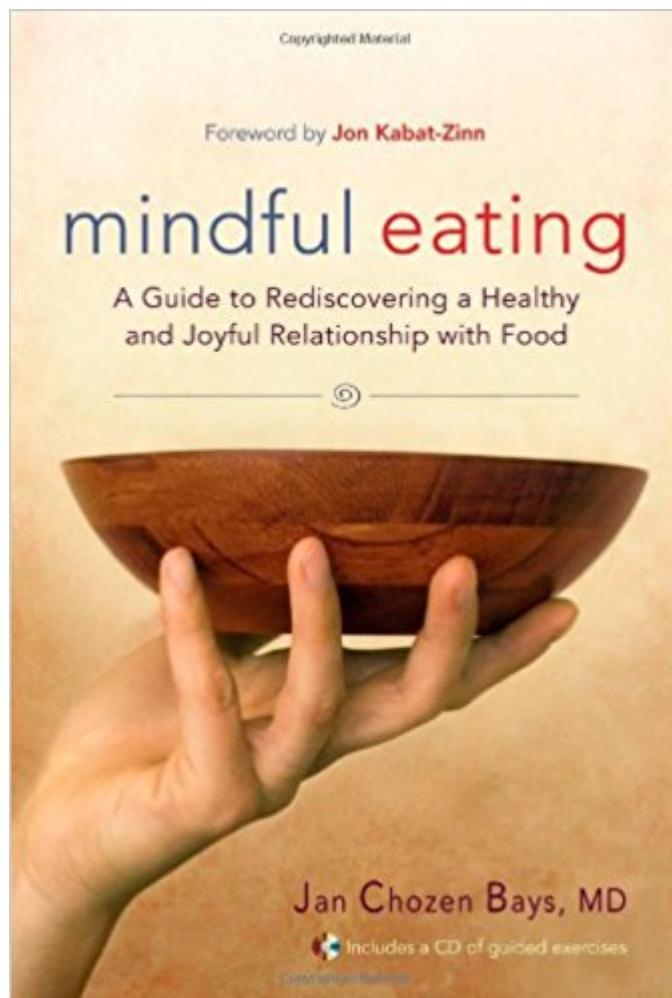


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# Mindful Eating: A Guide To Rediscovering A Healthy And Joyful Relationship With Food (Includes CD)



## Synopsis

The art of mindfulness can transform our struggles with foodâ "and 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 eatingâ "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: Â Â Â â ¢Â Tune into your body's own wisdom about what, when, and how much to eat Â Â Â â ¢Â Eat less while feeling fully satisfied Â Â Â â ¢Â Identify your habits and patterns with food Â Â Â â ¢Â Develop a more compassionate attitude toward your struggles with eating Â Â Â â ¢Â Discover what you're really hungry for Mindful Eating also includes a 75-minute audio CD containing guided exercises led by the author.

## Book Information

Paperback: 208 pages

Publisher: Shambhala; F First Edition Used edition (February 3, 2009)

Language: English

ISBN-10: 1590305310

ISBN-13: 978-1590305317

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 11.4 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ See all reviewsÂ (96 customer reviews)

Best Sellers Rank: #27,764 in Books (See Top 100 in Books) #14 inÂ Books > Politics & Social Sciences > Social Sciences > Customs & Traditions #26 inÂ Books > Health, Fitness & Dieting > Mental Health > Eating Disorders #39 inÂ Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Spirituality

## Customer Reviews

I came upon this book accidentally in the new cook book section at the Carnegie library. I took a glance and the contents seemed interesting. So on my driving home, I listened to the guided mindfulness exercises CD that came with the book. This was not what I expected--my way home felt like a transformed journey to self discovery: the exercisers were simple, practical; the voice soothing; the effect, however, was profound. I was intrigued by how was it possible that our body

would know the foods that we need at a particular point in time? I eagerly plunged into the book and read all about the seven kinds of hungers. I was very pleased for the insight I gained from the reading. This book inspires. The writing is lucid and thoughtful.

I have had a bad relationship with food. Whether it has been guilty overeating or anxiously counting calories, I have been "tethered" to food. Even though, through discipline, I am now fit and at a healthy weight, food runs my life. Most people would assume that with all my thoughts about food, and my excitement at mealtime, I would really enjoy eating, but I don't. I realized that most meals pass me by in a blur, as I quickly and tensely inhale as much food as possible, until my body is bloated and my mind foggy. After reading this book, I realized I haven't really enjoyed a meal since I was young. *Mindful Eating* is a book about eating with full awareness. Being mindful means simply being aware of the moment, what is going on inside of us, and outside of us, without judgment or opinion. Chozen-Bays applies mindfulness to eating. Rather than battling or obsessing with food, the goal is to be fully aware of the process of eating, and actually enjoy it. She provides helpful tips to accomplish this. She identifies 7 types of hunger, including eye hunger, mouth hunger, and heart hunger. She gives tools to discern if we are really hungry, and where the hunger is coming from. It is possible that our stomachs are hungry, but often, we eat for emotional reasons (heart hunger), or out of habit (mind hunger), not because our bodies need food. She provides tools to satisfy each type of hunger. Sometimes it might be slowing down, giving the body time to recognize fullness. Other solutions might not even involve food. For example, food cannot satisfy heart hunger, so the solution to this hunger is to emotionally connect with someone. She also provides 6 general tips to eat mindfully, including eating more slowly. I faithfully took notes while I read the book, and couldn't wait to get to the next section. The book comes with a CD, which is helpful, but not necessarily required to practice mindful eating. I think this is the answer to my struggle with food. I have been mindfully eating for a couple weeks and the results have been amazing. I actually enjoy food. My wife made some whole wheat pizza, and we decided to eat it mindfully, but with the TV on (against the book's advice). I began to enjoy the pizza mindfully, savoring the unique blend of texture and flavor in every bite. I tasted the smoked flavor of the mozzarella for the first time since childhood. The experience brought me back to a childhood pizza party. The experience of mindful eating was so great that I turned the TV off. I realized I wasn't even paying attention to it, and it struck me as a distraction. I also ate less, and realized that I was full more quickly than the last time I ate pizza. I am learning to drink mindfully too. I found that I was not enjoying coffee, and this saddened me, because coffee used to excite me. Fortunately, mindful eating has helped me enjoy every sip of

coffee again. I also realized I hate diet soft drinks. Drinking a glass of Diet Coke mindfully made me realize how bitter and empty it is. Overall, I highly recommend this book. It has put me on the path to having a better relationship with food. After "battling" food for 17 years, I have declared a truce. This does not mean there won't be struggles, and Chozen-Bays suggests that there are days when we have to eat quickly and poorly; she just reminds us that we should be aware we are doing it. She doesn't guarantee that mindful eating is an effective weight loss plan, and such a guarantee would miss the point. While I certainly believe that mindful eating will make staying at my ideal weight much easier, I am most excited that now every meal comes alive, and that I can enjoy each unique eating experience.

I really enjoyed the book for the perspective it provided. The book was entertaining, engaging, and broadened my awareness when it came to my own eating habits. However, I do have to warn for anyone that has struggled with a restrictive eating disorder needs to take much of what is said with a grain of salt. The book still is geared toward's restriction, and some of the exercises in another context would look very similar to the habits practiced by those with restrictive eating disorders. The "less is more" tone is likely fitting given the majority of readers are likely having trouble with over consumption as opposed to under, but some of the information contained could be taken as suggestions to further restrict (which I am sure was not Dr. Chozen Bay's intention). Again - a great read for all, but be mindful and aware when applying the suggestions to your own habits.

This book is very well written and comes to me at the exact right moment in my life when my past 4 years of changing my life and body from the outside (losing over 60 pounds) meets my new challenge of changing my life and body from the inside through self exploration and meditation. I highly recommend this book to anyone who is ready to come to peace with the diet/binge merry-go-round and truly understand what it is that they are hungry for. The accompanying CD makes the exercises/meditations much easier and accessible the author has thought of everything to make anyone successful if they are simply ready to take the first step in their journey.

As a consequence of the American search for the perfect healthy diet, we have developed a love-hate relationship with food. Confusion reigns about what foods we are to eat and which we are to avoid. Our reliance on scientific evidence has simply added to the confusion. We can't even agree if we are naturally carnivore, omnivore, or herbivore. "Mindful Eating," written by physician and Zen teacher Jan Chozen Bays, provides a way back to sane eating. Bays does not prescribe what

we are to eat but provides gentle guidance about how to eat. This book provides numerous exercises to help us be present to ourselves and our food. Bays teaches us to become aware of our seven forms of hunger--eye, nose, mouth, stomach, cellular, mind, and heart hungers. Each hunger satisfies legitimate needs. Bays instructs us with understanding and humor on how to recognize and satisfy each hunger. Her approach is a return to an intimate and joyful relationship with food. Stop dieting. Read this book and discover how to physically, mentally, and spiritually relate with food and return to sane eating.

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