



The Mindfulness-Based Eating Solution: Proven Strategies to End Overeating, Satisfy Your Hunger, and Savor Your Life

Lynn Rossy PhD

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What are you really hungry for? Is it food, happiness, or something else? In this unique book, mindfulness expert Lynn Rossy offers a proven-effective, whole-body approach to help you discover the real reasons why you're overeating.

In *Mindfulness-Based Intuitive Eating*, Rossy provides an innovative and proven-effective program, Eat for Life, to help you slow down, savor each bite, and actually eat *less*. This unique, whole-body approach will encourage you to adopt healthy eating habits by showing you how to listen to your body's intuition, uncover the psychological cause of your overeating, and be more mindful during mealtime.

If you find yourself eating without thinking, because you feel bored or sad, or simply because you've had a hard day, indulging here and there is understandable. But emotional eating can often spiral out of control, leading to obesity, diabetes, and heart problems in the long run. The whole-body program in this book will help you learn how to listen to your body's needs, so that you can stay healthy and happy, without giving up your love for food. In fact, according to a recent study, women in the author's Eat for Life program reported higher levels of body appreciation and intuitive eating and lower levels of problematic eating behaviors than did the wait list comparison group.

If you want to lose weight, feel better, and truly enjoy your food, the easy-to-use strategies in this book will show you how—one mindful taste at a time.

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