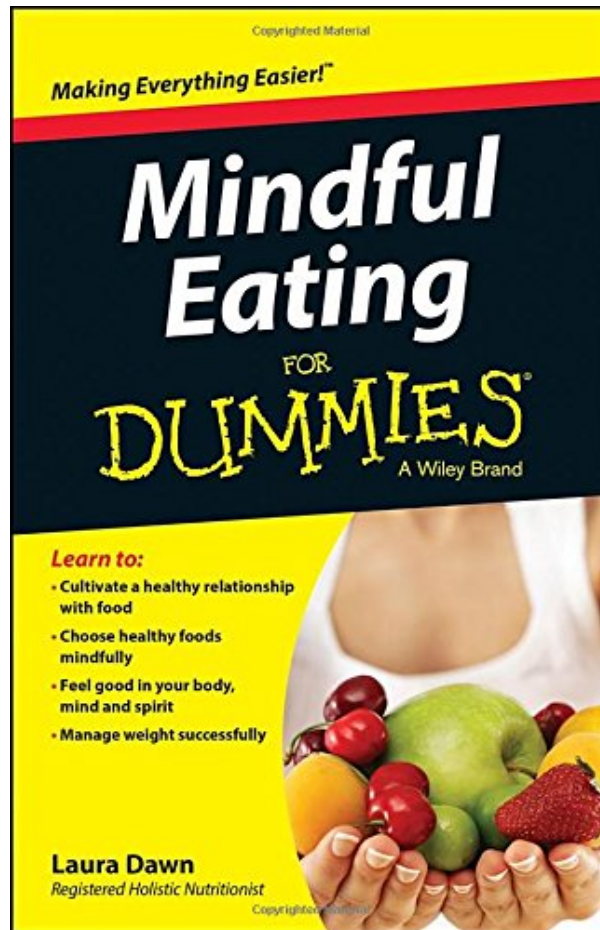


MINDFUL EATING FOR DUMMIES BY LAURA DAWN



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Mindful Eating

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Learn to:

- Cultivate a healthy relationship with food
- Choose healthy foods mindfully
- Feel good in your body, mind and spirit
- Manage weight successfully

Laura Dawn

Registered Holistic Nutritionist

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Review

A must-read for serial dieters who want to establish a healthier relationship with food (Healthy Food Guide, January 2015)

From the Back Cover

Learn to:

- Cultivate a healthy relationship with food
- Choose healthy foods mindfully
- Feel good in your body, mind and spirit
- Manage weight successfully

Embrace mindful eating and be a whole new you

Are you struggling to lose weight? Wanting to end chronic overeating? Are you seeking a healthier relationship with food? Say goodbye to yo-yo dieting and find a long-term, sustainable solution to health and weight-loss with Mindful Eating For Dummies! This comprehensive guide will show you how to avoid negative thought patterns, reduce overeating and establish a healthy relationship with food through scientifically proven methods.

- Don't be mindless — kick mindlessness to the curb by understanding bad habits and overeating triggers
- Embrace the journey — dive right in to the mindful eating journey by setting realistic expectations and keeping a journal
- Get mindful with meal prep — establish good habits in your kitchen to prepare meals mindfully
- Overcome obstacles — explore your strong cravings, navigate mindless mistakes and make mindfulness part of your busy schedule

Open the book and find:

- Tips to help reduce overeating
- How mindful eating can increase enjoyment of food
- Tricks to maintain a supportive mindful mindset

- How to identify your hunger and fullness levels
- The lowdown on implementing mindful eating for families
- Ways to maintain mindful eating in social situations

About the Author

Laura Dawn is a Registered Holistic Nutritionist, raw food chef and mindful eating mentor. She is the founder of Happy and Raw (www.happyandraw.com) and leads transformational health retreats in Hawaii.

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MINDFUL EATING FOR DUMMIES BY LAURA DAWN PDF

Ditch the fad diets and discover how to eat mindfully

Packed with tips to help you make lasting dietary changes, *Mindful Eating For Dummies* paves the way for redefining your relationship with food, challenging your attitude about eating and making attainable changes to integrate mindful eating into everyday life. This no-nonsense, friendly guide offers essential guidance to get healthy, lose weight and avoid negative thought patterns associated with food—the mindful way.

Mindfulness allows you to pay attention to what is going on in your surroundings in order to keep yourself alert and able to react effectively in the present. When applied to eating habits, the practice of mindfulness helps you to pay close attention to the sensation and purpose of each mouthful of food to avoid overeating and fully discover the joys of your meals.

- Learn how to reduce overeating and change your approach to food forever
- Begin to choose healthy foods mindfully
- Find advice on eating mindfully when you're dining out
- Discover how mindful eating can combat emotional hunger

Whether you want to develop a healthier relationship with food to lose weight, manage a diet- or lifestyle-related illness or simply experience a better awareness and connection at mealtime, *Mindful Eating For Dummies* is your go-to guide for getting it done.

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- 288 pages

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