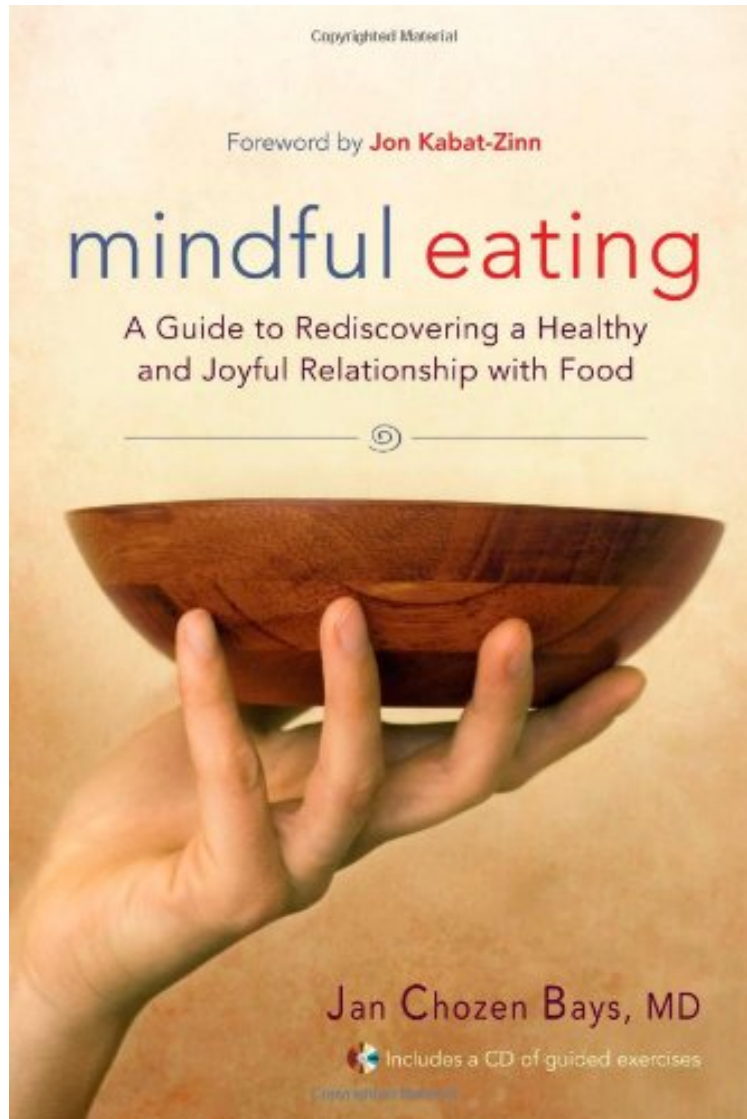


(Free download) Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food (Includes CD)

Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food (Includes CD)

Jan Chozen Bays

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#22846 in Books Bays, Jan Chozen/ Kabat-Zinn, Jon (FRW) 2009-02-03 2009-02-03 Original language: English PDF # 1 8.99 x .57 x 6.011, .66 #File Name: 1590305310208 pages Shambhala Publications | File size: 36.Mb

Jan Chozen Bays : Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food (Includes CD) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food (Includes CD):

4 of 5 people found the following review helpful. Excellent book and a gift to palate and healthy life
By Alexander W. Holt
I have been honored to have Dr. Bays as a Zen teacher for many years and this book is a stellar example of how gifted she and others in the Zen community have become. Our American relationship to food seems to have been more food-as-fuel than any particular enjoyment. No surprise that fast food is so popular. I have used this book's methods in my own life and have far better health and considerable weight loss in my mid-60's. Many of the ways to engage the senses in this book ask us to slow down and truly enjoy what we are eating. I've taught several classes using this book and examples of how to eat more joyfully. Response nearly always is "oh, I never imagined food could be this good".
0 of 0 people found the following review helpful. I enjoyed the message of the story and will take it ...
By Samantha English
Very interesting read! I enjoyed the message of the story and will take it with me when I am eating.
0 of 0 people found the following review helpful. Excellent Mindful Eating Book
By Judith Donovan
I first read a library copy of this book. I found it so helpful I ordered my own copy. I have read extensively in the field of weight control. This book resonated with my experiences. There is also a CD of meditations included. I highly recommend !

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

From Publishers Weekly
Starred . Persuasively arguing that Americans have become obsessed with the constant pursuit of satiation, often to the detriment of their health, pediatrician and Zen teacher Bays calmly and systematically explains how a thoughtful approach to eating and drinking can positively affect one's weight and overall health. Through a series of guided exercises and meditations (and an accompanying CD), Bays encourages readers to examine their eating habits and relationships with food. Bays blames the "Seven Hungers"-of eye ("boy those donuts look good"), mind ("I really should eat more grapefruit") heart ("this apple pie reminds me of my grandmother") and so on-for shaping our unhealthy and/or irrational eating patterns; our inner perfectionists, critics and pushers only add to the cacophony, and Bays gives readers tools for silencing these discouraging voices. Bolstered by third-party research and a wealth of anecdotes, Bays's case for introspection over ice cream binges should connect with many. Though she doesn't promise instant results, Bays offers readers a guide to lifelong health through a measured attitude toward food; hers may well be the healthiest, most sane diet book to hit shelves in a while. Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. Jan Chozen Bays should be recruited by the slow food movement. My favorite mindfulness book from the past year.
Barry Boyce in Shambhala Sun "If you give yourself over wholeheartedly to the practices described here, you will be thanking yourself and Dr. Bays for recovering your life and for enjoying the blessings of food in ways that feel liberated and delightful."
from the foreword by Jon Kabat-Zinn
About the Author
Jan Chozen Bays, MD, is a Zen master in the White Plum lineage of the late master Taizan Maezumi Roshi. She serves as a priest and teacher at the Jizo Mountain Great Vow Zen Monastery in Clatskanie, Oregon. She is also a pediatrician who specializes in the evaluation of children for abuse and neglect.