



Mindful Eating: Introducing Balance Into Your Diet, Stop Overeating Rediscovering the Joy in Your Life

By Olivia Heilman

Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.Mindful Eating - Steps to Bring Balance into Your Diet Rediscovering the Joy in Your Life In the often-busy modern world, many of us have lost any real connection to the food that we consume. Mindlessly eating without paying attention to the cues that our bodies send us, we quickly find ourselves disconnected from the textures, aromas, colors, and flavors of the very foods that offer us sustenance. This eating without awareness or connectedness can quickly lead us deep into a cycle of disappointment and dissatisfaction. So how can we kick this nasty habit of thoughtless, empty consumption? By slowing down, living fully in the moment, and taking the time to really experience and appreciate the amazing role that food can play in our daily lives. In other words, we need to learn to eat mindfully. Mindful eating is an approach that involves bringing your full attention to every facet of the eating process, and understanding your own body's responses to hunger and consumption. Within this book, Mindful Eating: Introducing Balance in Your Diet, and Rediscovering the...



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