



Things I Did When I Was Hangry (Paperback)

By Annie Mahon

Parallax Press, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. After years of struggling with eating disorders and anxiety around food and eating, Annie Mahon figured that having a path, any path, would be helpful. When she read *The Miracle of Mindfulness* by Thich Nhat Hanh, she found a path that not only changed her (and her family's) relationship with food, but also transformed nearly every aspect of her life. In *Things I Did When I Was Hangry*, Annie shares her path to mindful cooking and eating. The tools Mahon offers fit together like a wheel, rather than sequential steps. Readers are invited to just jump in and take what works for them. Each section has a short humorous story about Annie's own journey toward more conscious cooking and eating. She shares practices for developing mindfulness that will support more ease around food, and journal questions to help you look more deeply at the roots of your thinking about food, cooking, and eating. Simple, delicious, vegan recipes complement each section, demonstrating mindful alternatives for every meal and many eating challenges, including eating at work and school, eating at restaurants and on vacation, and mindfully...



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Reviews

Very helpful to all type of individuals. It really is rally interesting through looking at time. Its been designed in an extremely basic way which is just soon after i finished reading this pdf through which basically modified me, change the way i believe.

-- **Tyshawn Brekke**

The publication is easy in read through preferable to fully grasp. It is writter in simple phrases instead of hard to understand. You will not sense monotony at at any moment of your respective time (that's what catalogs are for concerning if you request me).

-- **Kevin Bergstrom Sr.**