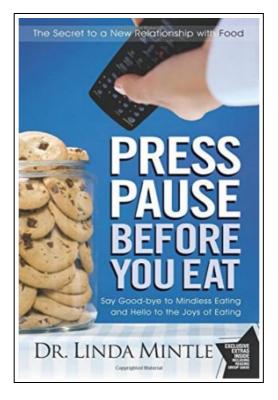
Press Pause Before You Eat: Say Good-bye to Mindless Eating and Hello to the Joys of Eating (Paperback)



Filesize: 3.29 MB

Reviews

Undoubtedly, this is actually the very best job by any writer. It is loaded with wisdom and knowledge You will not really feel monotony at anytime of your respective time (that's what catalogs are for concerning when you check with me).

(Prof. Lawson Stokes IV)

PRESS PAUSE BEFORE YOU EAT: SAY GOOD-BYE TO MINDLESS EATING AND HELLO TO THE JOYS OF EATING (PAPERBACK)



Howard Books, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. In a world that acts before it thinks, it s time to press pause . Press Pause Before You Eat and say goodbye to hurried and mindless eating. This ground-breaking book shines a light on the most overlooked area of our relationship with food: mindless and unintentional eating. It teaches readers to understand WHY they eat and provides practical, proven strategies to control eating. Diets treat symptoms; Press Pause Before You Eat deals with the root causes of unintentional eating and restores the joys of mindful eating. Busy schedules translate into eating on the run or skipping meals altogether. Life is not only filled with multitasking and hurried moments but on-the-go consumption. Eating becomes a thing to do while doing other things and all too often becomes a source of guilt and distress. The more stressed and busier people feel, the more food becomes a source of gratification, relief and a numbing agent, as well as a welcomed friend. In order to address the current obesity epidemic and struggles people have with their weight, a new approach is needed-one that addresses the emotional, relational, and spiritual side of the individual and his or her relationship to food. Dr. Linda Mintle, a licensed professional in clinical practice and a specialist in eating disorders, knows that unless people are coached to be intentional about their eating, they will continue to eat mindlessly and be part of the 90-95 percent of failed dieters. Therefore, Press Pause Before You Eat is a prescriptive guide for intentionally cultivating a mindful awareness of eating that attends to the body, soul, and spirit. Food is not our enemy; it is something to be enjoyed!.

Read Press Pause Before You Eat: Say Good-bye to Mindless Eating and Hello to the Joys of Eating (Paperback)
Online

Download PDF Press Pause Before You Eat: Say Good-bye to Mindless Eating and Hello to the Joys of Eating (Paperback)

See Also



On the Go with Baby A Stress Free Guide to Getting Across Town or Around the World by Ericka Lutz 2002 Paperback

Book Condition: Brand New. Book Condition: Brand New.

Read ePub x



You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most

Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the...

Read ePub »



A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half

Createspace, United States, 2014. Paperback. Book Condition: New. 251 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****. The ultimate learn-by-doing approach Written for beginners, useful for experienced developers who want to...

Read ePub »



Trouble Free Travel with Children Over 700 Helpful Hints for Parents of the Go by Vicki Lansky 2003 Paperback Book Condition: Brand New. Book Condition: Brand New.

Read ePub »



Comic eBook: Hilarious Book for Kids Age 5-8: Dog Farts Dog Fart Super-Hero Style (Fart Book: Fart Freestyle Sounds on the Highest New Yorker Skyscraper Tops Beyond)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.BONUS - Includes FREE Dog Farts Audio Book for Kids Inside! For a...

Read ePub »