



The Mindful Diet: How to Transform Your Relationship with Food for Lasting Weight Loss and Vibrant Health

By Ruth Wolever Phd, Beth Reardon MS Rd Ldn, Tania Hannan

Scribner Book Company, United States, 2016. Paperback. Book Condition: New. Reprint. 211 x 137 mm. Language: English . Brand New Book. An essential, must-read guide (Dr. Susan Albers, New York Times bestselling author of Eating Mindfully) from the renowned Duke Integrative Medicine center: the first book to combine health psychology with cutting-edge nutrition research to deliver an up-to-the-minute method for eating mindfully and breaking the yo-yo diet cycle. It s easy on occasion to eat too much, eat too quickly, eat for comfort, or choose junk food. But every year millions of Americans vow to lose weight and get healthy and aren t able to overcome the largest roadblock to these changes ingrained eating habits. Now two leading experts from Duke Integrative Medicine offer a new paradigm for eating and health a step-by-step program that dismantles old patterns, provides new tools for making healthy choices, and fosters deep, internal motivation. Grounded in scientific research, The Mindful Diet examines how what we eat and drink affects our body on a biochemical level, and how we can become aware of our own internal signals through the practice of mindfulness. Loaded with concrete meditation exercises, behavioral techniques, nutrition advice, and meal-planning charts,...



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