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50 More Ways To Soothe Yourself Without Food: Mindfulness Strategies To Cope With Stress And End Emotional Eating

NEW YORK TIMES BESTSELLING AUTHOR
SUSAN ALBERS, PsyD

50 *more* 
ways to soothe yourself
without **FOOD**



Synopsis

If you're an emotional overeater, you may turn to food to cope with stress and sadness, enhance joy, and bring a sense of comfort. But over time, overeating can cause weight gain, heart disease, diabetes, and many other health problems. In *50 More Ways to Soothe Yourself Without Food*, you'll find 50 more mindful and healthy activities to help you replace your need to overeat. Based in popular mindfulness practices, this book will show you how to slow down and be present during mealtime so that you end up making healthier choices. In addition, the activities in the book - such as yoga, aromatherapy, and breathing exercises - will help you gain a greater overall sense of well-being and appreciation for your body.

Book Information

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Customer Reviews

I got her first book and this one is even better. Learned a lot about why I "stress-eat" and how to change my thinking and habits. Recommended to anyone who might eat for reasons other than hunger. Don't we all ?? Well, most of us do.

This is the third book of Dr. Albers that I have bought. I am changing my anxious relationship with food and she is leading the way. What I'm loving about "50 More Ways" is that it's filled with creative strategies to respond to the mixed messages I send myself about food. As a massage therapist, I appreciate the body-centered approach of most of them. I'll be buying a few more copies for Christmas gifts.

Very informative, without being preachy, feels like you're listening to a group of friends chat. Many thoughts, quotations, ideas, tips and info for when you feel an urge to eat, but you're really not hungry... IT WORKS! Recommended it to my weight loss support group, and many there enjoyed the book too. Great to just open to any page for inspiration at those times of food cravings.

Recommend!

I only recently "discovered" Dr. Albers' work and pre-ordered her new book "50 More Ways to Soothe Yourself Without food." It arrived right before Thanksgiving. I just want to say that this book is very well written. It is thorough, genuine, well thought out, and has great tone. This book really stands out to me. It is backed-up by science and very inviting. I am on a determined path to drop some weight, as a full-time working mom that comes from a long line of morbid obesity. I used to think I was the thin one, but time and stress and eating for the wrong reasons has made me chubby. I am working with Weight Watchers (a great program) and just recently discovered the revelations of "mindful eating." Thank you Dr. Albers for your amazing tools and encouraging style. So happy to have found this little gem of a book.

Dr Susan Albers, she is the real deal!! She has given me real, doable tools, that I have put into practice ASAP!! Thank You!!

good product

Always great advice and simple to follow advice as well.

Great book!

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Living Wellness and Weight loss, Eat Clean Diet Book Mindfulness: Mindfulness for Beginners: How to Live in The Present, Stress and Anxiety Free (FREE Bonus Gift Included) (Mindfulness, Meditation, Buddhism, Zen) The Stress-Proof Brain: Master Your Emotional Response to Stress Using Mindfulness and Neuroplasticity Binge Eating: Cure Binge Eating, Overcome Food Addiction, and Rid Your Life of Eating Disorders (Binge Eating Cure Series Book 1) Emotional Eating Books: 10 steps to control emotional eating & lose weight (NLP) Stop Eating Your Heart Out: Digital Workbook: The 21-Day Program to Free Yourself from Emotional Eating The Mindfulness-Based Eating Solution: Proven Strategies to End Overeating, Satisfy Your Hunger, and Savor Your Life The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety, and Transitions (Instant Help) Whole Food: The 30 day Whole Food Ultimate Cookbook 100 recipes (Whole Food Diet, Whole Food Cookbook, Whole Food Recipes, Clean Eating, Paleo, Ketogenic) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers, Sugar free detox, Healthy ... Eating Cookbook, Loss weight Fast, Eat thin) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Self Love: Changing Your Life Through Self-Love and Mindfulness (2 Books In 1), Learn How To Love Yourself More, Calm Your Mind, Reduce Your Stress and Live a Happier Life! The Detrimental Effects of Emotional Abuse: How Emotional Abuse and Emotional Abuse Destroy Us All The Joy of Eating Well: A Practical Guide to- Transform Your Relationship with Food- Overcome Emotional Eating- Achieve Lasting Results Emotional Intelligence: 3 Manuscripts - Emotional Intelligence Definitive Guide, Mastery, Complete Step by Step Guide (Social Engineering, Leadership, ... (Emotional Intelligence Series Book 4) The Emotional Eating Workbook: A Proven-Effective, Step-by-Step Guide to End Your Battle with Food and Satisfy Your Soul

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