

Savor Mindful Eating Mindful Life

Anyone who’s tried to lose weight through sheer will power knows how difficult, if not impossible, it can be. In this practical and paradigm-shifting book, Dr. Jean Kristeller presents a new alternative—a program for weight loss based on her successful Mindfulness-Based Eating Awareness Training Program. Instead of frustration, deprivation, backsliding, guilt, and a lack of results, The Joy of Half a Cookie provides simple, proven ways to lose weight and keep it off, using what we now know about the power of the mind. The first book to bring mindfulness to the dieting space in a truly accessible and mainstream way, The Joy of Half a Cookie will show readers how to lose weight while ditching willpower, guilt, and cravings loving every bite, including favorite and previously “forbidden” foods tapping into the body’s satiety signals. Written for anyone who wants to lose weight – not just the meditation and yoga crowd - this accessible book delivers a proven way to find peace of mind and a healthier relationship with food, for life. Eating mindfully with actionable strategies and exercises from The Mindful Eating Workbook. Eating mindlessly is easy—eating mindfully takes practice. The Mindful Eating Workbook offers actionable, mindfulness-based strategies and exercises to adopt a mindful eating practice and nurture a healthy relationship with food. Vincci Tsui, a “non-diet” dietitian and certified intuitive eating counselor, offers step-by-step guidance to core concepts and philosophes of mindful eating. Applying theory to practice, this mindful eating workbook uses a combined approach of reflective exercises and strategies to reconnect you with your body and your needs. The Mindful Eating Workbook includes: Mindful eating 101 explores the lifelong benefits of eating mindfully, and outlines how you can bring this practice into your life. Real strategies to practice mindfulness while cooking and eating, and using mindfulness to recognize your body’s signals. Reflective exercises that include assessments, journal entries, and observation logs to keep track of your journey and progress. Savoring flavors, intuitively nourishing your body, and appreciating food’s true purpose to provide energy—mindful eating isn’t a diet, it is a way of life. Start practicing mindful eating with The Mindful Eating Workbook. Intuitive eating is a non-diet approach to healthy eating that focuses on unlearning diet cultures toxic messaging so you can build a healthier relationship with food and your body and focus on health promoting behaviors as opposed to weight loss. There is a common perception that intuitive eating approaches are also anti-nutrition, but that’s simply not the case. In this book, registered dietitian Rachael Hartley looks at the role of gentle nutrition in intuitive eating. She explores why diets don’t work – and make you eat less healthfully, why weight doesn’t equal health, and how to approach nutrition in a flexible way, with the goal of promoting wellbeing, not reaching for an arbitrary number on the scale. Gentle Nutrition. A Non-Diet Approach to Healthy Eating focuses on the big picture rather than getting wrapped up in minor details that can make nutrition seem confusing or overwhelming. Hartley makes it practical as well by offering science-based, straightforward strategies for building healthy habits. In Gentle Nutrition, she explains how to plan satisfying meals and snacks that nourish the body throughout the day to while honoring the need to pleasure in food. The book includes more than 50 nutritious and delicious recipes for breakfasts, main dishes, snacks, and desserts. There are many people who don’t want to diet, but do want to better understand how to take care of their bodies with food. This approachable guide brings to light how nutrition fits into the context of intuitive eating. When we leave diet culture behind and remove the assumption that weight equals health, we can focus on truly honoring our health and well-being.

Imagine if you could see the playbook that returned a struggling tech empire to the top of the tech leaderboard. The Microsoft Story will help you understand and adopt the competitive strategies, workplace culture, and daily business practices that enabled the tech company to once again become a leading tech innovator. It wasn’t so long ago that Microsoft and its Windows operating system dominated the tech industry so much so that they faced antitrust charges for what was perceived by many to be predatory, monopolistic practices. Less than a decade later, the tide had turned and Microsoft lost its dominance in the personal tech marketplace amidst the launch of the iPhone, the rise of Google, and the cloud computing phenomenon. But, now, Microsoft is back on top. The company’s value is soaring and once again Microsoft is being recognized as a tech leader once again. What changed? Since Satya Nadella took over as CEO, the company has gone through significant changes. The company culture has become one of creativity and innovation, no longer requiring that all products revolve around Windows. The company has reevaluated their business lines, getting rid of underperforming initiatives such as smartphones, and focused on the area of growth where the company excelled:the cloud. Through the story of Microsoft, you’ll learn: How to build a nimble company culture that supports innovation and growth. How to return a forgotten brand to the spotlight. How to recognize and build upon successful business lines, while letting go of underperforming initiatives. When to change the entire way you do business. And much, much more.

A food psychologist identifies hidden factors, motivations, and cues that cause overeating and offers practical solutions to help avoid these hidden traps and enjoy food without putting on excess pounds.

The Microsoft Story
Mindfulness for Chocolate Lovers
Savor
How to End Mindless Eating and Enjoy a Balanced Relationship with Food
A Revolutionary Program That Works
A Pebble for Your Pocket
50 More Ways to Soothe Yourself Without Food
Interbeing

*We’ve all been there-angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the last one. But the problem is not you, it’s that dieting, with its emphasis on rules and regulations, has stopped you from listening to your body. Written by two prominent nutritionists, Intuitive Eating focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be. Learn: *How to reject diet mentality forever *How our three Eating Personalities define our eating difficulties *How to feel your feelings without using food *How to honor hunger and feel fullness *How to follow the ten principles of Intuitive Eating, step-by-step *How to achieve a new and safe relationship with food and, ultimately, your body With much more compassionate, thoughtful advice on satisfisfing, healthy living, this newly revised edition also includes a chapter on how the Intuitive Eating philosophy can be a safe and effective model on the path to recovery from an eating disorder.*

Author and herbalist Brittany Wood Nickerson understands that food is our most powerful medicine. In Recipes from the Herbalist’s Kitchen she reveals how the kitchen can be a place of true awakening for the senses and spirit, as well as deep nourishment for the body. With in-depth profiles of favorite culinary herbs such as dill, sage, basil, and mint, Nickerson offers fascinating insights into the healing properties of each herb and then shares 110 original recipes for scrumptious snacks, entrées, drinks, and desserts that are specially designed to meet the body’s needs for comfort, nourishment, energy, and support through seasonal changes. Foreword INDIES Gold Award Winner IACP Cookbook Awards Finalist

There’s nothing quite like a hot, soothing bowl of soup. It’s a leisurely meal—a purposeful one that offers pause for reflection between every savory spoonful. What if you approached every meal as if it were that delicious bowl of soup? In ReInventing the Meal, you’ll learn how to reconnect with your body, mind, and world with a three-course approach to mindful eating. Inside, you’ll find mindfulness exercises to help you slow down and enjoy your meals. Intentional meditations to infuse presence into your eating life, and unique stress management tips to prevent emotional overeating. In addition, you’ll discover a wealth of philosophical perspectives that will inspire you to focus on the quality of your eating experience, rather than on the quantity of what you eat. Designed to help you embrace the ritual of eating (and discover the power of mindful meditation in the process), this book will ultimately change the way you view your meals—as not only sustenance for the body, but for the soul as well.

Has a chronic health issue taken over your life? More than half of us in the US are struggling with at least one. Amy Kurtz gets it. Starting in her mid-twenties, she endured two perfect storms of illness that progressed into her twenties. It earned her the label “the sick chick”—and the shame, fear, isolation, and frustration that comes with it. She’s radically improved her health, and today she’s helping men and women of all ages live well regardless of their health situation. With honesty, humor, and empathy, Kicking Sick shows you how to jettison despair, tune in to your body and inner wisdom, take charge, and build an effective support circle of medical experts, friends, and family. Kicking Sick also brings you essential advice from Amy’s own A-team of experts—the ones crucial to her own turnaround: her personal physician Mark Hyman, gastroenterologist Gerard Mullin, endocrinologist Philip Felig, Crazy Sexy Cancer author Kris Carr, new thought leader Gabby Bernstein, and renowned yogi Elena Brower, plus many real life “glow warriors.”

Meditation helps us to cut through the agonizing clutter of superficial mental turmoil and allows us to experience more spacious and joyful states of mind. It is this pure and luminous state that I call your Wildmind. From how to build your own stool to how a raisin can help you meditate, this illustrated guide explains everything you need to know to start or strengthen your meditation practice.

Answers from the Heart

A New Model of Positive Experience

Transforming ADHD

Broken Open

Mindful Eating

Well Nourished

Reinventing the Meal

Savor Every Bite

Are you ready to be the person you want to be? If you have adult attention de/ci/hyperactivity disorder (ADHD), accomplishing everyday tasks like paying bills, getting to a meeting on time, or simply buying groceries can be extremely difficult. At the end of the day, you may feel frustrated and unfocused, and life may seem unmanageable. So, how can you move past the constant forgetfulness, recurring mistakes, disorganization, distractibility, and restlessness that keep you from being your very best? Transforming ADHD offers a breakthrough, scientifically-grounded approach to attention and action regulation skills and strategies. Looking at ADHD through the latest research and the broad perspective of interpersonal neurobiology (IPNB)—a model that views one’s mind, brain, body, and relationships as intimately connected—you’ll discover how to work with your brain instead of against it, and transform the way you live your life. Using the practical exercises, tools, and techniques presented, you’ll learn how to effectively direct your attention and motivate yourself to action so you can move toward the life you want.

We all share the experience of carrying with us the one question that has always seemingly stood in the way of the next step in our personal development, the development of our spiritual practice, or our understanding of ourselves. Answers from the Heartcollects 50 of these most important and heartfelt questions posed to Thich Nhat Hanh by participants in his retreats and from his students, and offers his personal, heartfelt, and often surprising answers. These exchanges offer an accessible way into Buddhist teachings and often mix practical immediately applicable suggestions with ideas for further study and contemplation. The conversations also provide a lively glimpse into the connection between students and their teacher. Answers from the Heart’s six thematic sections -- Daily Life, Living and Dying, Engaged Buddhism, Mindfulness Practice, Family and Relationships, and Children’s Questions, make the book easily accessible for those new to Buddhism as well as for more experienced practitioners. Thich Nhat Hanh’s answers condense Buddhist wisdom of 2500 years into individual answers that shine with diamond-like clarity and summarize Thich Nhat Hanh’s own insight based on his lifetime of practice.

"This is a book of wise and wonderful teachings, a breath of fresh air for the heart. It opens the doors to an awakened life." —Jack Kornfield, author of *After the Ecstasy, the Laundry*
"Thich Nhat Hanh is one of the greatest teachers of our time. He reaches from the heights of insight down to the deepest places of the absolutely ordinary." —Robert Thurman, Professor of Indo-Tibetan Buddhist Studies, Columbia University
The Path of Emancipation transcribes Thich Nhat Hanh’s first twenty-one day retreat in North America in 1998, when more than four hundred people from industry and academia joined him to experience mindfulness. This book deliberately preserves the tone and style of a retreat, including soundings of the bell, meditation breaks, and the question-and-answer sessions. This not only provides a genuine feeling of a retreat for those who have not had the chance to participate in one, but it also preserves this wonderful practice time for those who have attended. In The Path of Emancipation, Thich Nhat Hanh translates the Buddhist tradition into everyday life and makes it relevant and transforming for us all. Studying in-depth the Discourse on the Full Awareness of Breathing, he teaches how mindfulness can help us reduce stress, and live simply, confidently, and happily while dwelling in the present moment. When Thich Nhat Hanh discovered this discourse, he said, "I felt I was the happiest person in the world."

On an otherwise ordinary day, Elliot discovers something extraordinary: the power of mindfulness. When he asks his neighbor Carmen for a snack, he’s at first disappointed when she hands him an apple - he wanted candy! But when encouraged to carefully and attentively look, feel, smell, taste, and even listen to the apple, Elliot discovers that this apple is not ordinary at all. Lushly and humorously illustrated, No Ordinary Apple makes a traditional technique for training mindfulness a fun and enjoyable way for children to learn to slow down and appreciate even the simplest things.

Over the years, Thich Nhat Hanh and his monastic community in Plum Village, have developed more and more ways to integrate mindfulness practices into every aspect of their daily life. A few years back Thich Nhat Hanh began to develop gentle exercises based on Yoga and Tai Chi movements. Initially designed as mindful stretching breaks between long periods of sitting meditation, Mindful Movements became a popular tool to complement to sitting meditation extending Thich Nhat Hanh’s trademark gentle approach to Buddhist teachings into a series of physical movements. These movements enjoy a growing popularity amongst his students and have become integral part of his retreats. These simple and effective practices are meant to reduce stress and tension to help the practitioner gain the serenity he needs to return to a state of mindfulness. When done as part of a full meditation practice, theses movements can address mental, emotional, and physical stress. Offered to the general public for the first time, the Mindful Movements have been lovingly illustrated by one of Thich Nhat Hanh’s long-time practitioner, Wieske Vriezen. Drawn in a whimsical and immediately appealing style the booklet presents 10 routines that can be practiced by people of all ages and body types whether they are already familiar with mindfulness practices or not. The Mindful Movements are designed to be accessible to as many people as possible. Far from being another exercise program, Mindful Movements is for all those wanting to add a gentle but physical element to their meditation practice.They can be practiced before or after sitting meditation, at home, or at work - any time you have a few minutes to refresh your body and quiet your mind. For those new to meditation they are a great, non-threatening way to get acquainted with mindfulness as a complete and multi-faceted practice. For those who already have an established sitting practice Mindful Movements will come as a welcomed addition to their practice. With a foreword by Thich Nhat Hanh and Introduction by Jon Kabat-Zinn [TBC]

A Master Baker’s 300 Favorite Recipes for Perfect-Every-Time Bread-From Every Kind of Machine

The Mindful Eating Workbook

Eat, Drink, and Be Mindful

How the Tech Giant Rebooted Its Culture, Upgraded Its Strategy, and Found Success in the Cloud

Fourteen Guidelines for Engaged Buddhism

365 Daily Meditations for Finding Balance Through Mindful Eating

No Ordinary Apple

How Difficult Times Can Help Us Grow

What are you really hungry for? Is it food, happiness, or something else? In this unique book, mindfulness expert Lynn Rossy offers a proven-effective, whole-body approach to help you discover the real reasons why you’re overeating. In The Mindfulness-Based Eating Solution, Rossy provides an innovative and proven-effective program to help you slow down, savor each bite, and actually eat less. This unique, whole-body approach will encourage you to adopt healthy eating habits by showing you how to listen to your body’s intuition, uncover the psychological cause of your overeating, and be more mindful during mealtime. If you find yourself eating without thinking, because you feel bored or sad, or simply because you’ve had a hard day, indulging here and there is understandable. But emotional eating can often spiral out of control, leading to problems in the long run. The whole-body program in this book will help you learn how to listen to your body’s needs, so that you can stay healthy and happy, without giving up your love for food. In fact, according to a recent study, women in the author’s Eat for Life program reported that they had a greater appreciation and intuitive eating and lower levels of problematic eating behaviors than did the wait list comparison group. If you want to embrace exuberant health and truly enjoy your food, the easy-to-use strategies in this book will show you how—one mindful taste at a time.

Can the incomparable taste, texture, and aroma of handcrafted bread from a neighborhood bakery be reproduced in a bread machine? The answer from bread expert Beth Hensperger is a resounding “Yes!” When Beth first set out to find the answer, though, she had doubts; so she spent hundreds of hours testing all kinds of breads in a bread maker. This big and beautiful book full of more than 300 bakery-delicious recipes is the result, revealing the simple secrets for perfect bread, every time. In addition to a range of white breads and egg breads, recipes include:
• Whole-Grain Breads
• Gluten-Free Breads
• Sourdough Breads
• Herb, Nut, Seed, and Spice Breads
• Vegetable, Fruit, and Cheese Breads
• Pizza Crusts, Focaccia, and other Flatbreads
• Coffee Cakes and Sweet Rolls
• Chocolate Breads
• Holiday Breads
• No-Yeast Quick Breads
No matter how you slice it, Beth’s brilliant recipes add up to a lifetime of fun with your bread machine!

Common sense tells us that to lose weight, we must eat less and exercise more. But somehow we get stalled. We start on a weight-loss program with good intentions but cannot stay on track. Neither the countless fad diets, nor the annual spending of \$50 billion on weight loss helps us feel better or lose weight. Too many of us are in a cycle of shame and guilt. We spend countless hours worrying about what we ate or if we exercised enough, blaming ourselves for actions that we can’t undo. We are stuck in the past and unable to live in the present—that moment in which we do have the power to make changes in our lives. With *Savor*, world-renowned Zen master Thich Nhat Hanh and Harvard nutritionist Dr. Lillian Cheung show us how to end our struggles with weight once and for all. Offering practical tools, including personalized goal setting, a detailed nutrition guide, and a mindful living plan, the authors help us to uncover the roots of our habits and then guide us as we transform our actions. *Savor* teaches us how to easily adopt the practice of mindfulness and integrate it into eating, exercise, and all facets of our daily life, so that being conscious and present becomes a core part of our being. It is the awareness of the present moment, the realization of why we do what we do, that enables us to stop feeling bad and start changing our behavior. *Savor* not only helps us achieve the healthy weight and well-being we seek, but it also brings to the surface the rich abundance of life available to us in every moment.

NEW YORK TIMES BESTSELLER • This inspiring guide to healing and growth illuminates the richness and potential of every life, even in the face of loss and adversity—now updated with additional toolbox materials and a new preface by the author. In the more than twenty-five years since she co-founded Omega Institute—now the world’s largest center for spiritual retreat and personal growth—Elizabeth Lesser has been an intimate witness to the ways in which people weather change and transition. In a beautifully crafted blend of moving stories, humorous insights, practical guidance, and personal memoir, she offers tools to help us make the choice we all face in times of challenge: Will we be broken down and defeated, or broken open and transformed? Lesser shares tales of ordinary people who have risen from the ashes of illness, divorce, loss of a job or a loved one—stronger, wiser, and more in touch with their purpose and passion. And she draws on the world’s great spiritual and psychological traditions to support us as we too learn to break open and blossom into who we were meant to be.

Savor your food, soothe difficult emotions, and enjoy every moment with powerful mindfulness practices! Do you turn to food when you’re feeling bored, depressed, or anxious? Do you judge your body for not fitting into some ideal shape or size? If so, you aren’t alone. Diet culture has sabotaged our relationship with food and our bodies. As a result, many of us are confused—attaching shame to our food choices and judging our bodies. It’s time to break free! *Savor Every Bite* offers powerful mindfulness and compassion practices for soothing difficult emotions and cultivating positive coping strategies. From a psychologist and mindful eating expert Lynn Rossy, this book provides daily tips and tools for whole-body healing—including how to eat mindfully, move your body in ways that feel delicious, and live with greater ease and joy. With this guide, you’ll learn mindfulness skills to help you navigate the difficulties of daily life and cultivate a lasting sense of calm, clarity, and profound happiness. It’s time to start savoring your life!

Mindfulness Practices for a Quieter Mind, Self-Awareness, and Healthy Living

No Death, No Fear

Mindful Eating, Mindful Life

Recipes from the Herbalist’s Kitchen

A Guide to Rediscovering a Healthy and Joyful Relationship with Food—including C D

10 days to finding your ideal weight

The Headspace Guide to... Mindful Eating

How to End Your Struggle with Mindless Eating and Start Savoring Food with Intention and Joy

Head by Heart is a book of wisdom and guidance, and it is a relief to someone with an unhealthy relationship with food. Its power is in its approach: each day is a self-contained journey of conscious eating to help people nurture new and sustainable attitudes and practices. Although bad habits cannot be changed overnight, the author — Buddhist devotee Donald Altman — shows how to find peace by focusing on food issues one meal at a time. He shares inspirational daily meditations, including quotes from Zen stories, Native American practices, Hindu scriptures, the Bible, and sages from all major wisdom traditions. He also explores food preparation, rituals, and social attitudes and examines questions like: "How can we learn that eating is not a pleasure race" and "How can we stop using food to fill ourselves up, and instead use it to fulfill ourselves?" Through daily reflections, Altman enables people to make wise food choices and create balance in their lives.

Would you rather eat chocolate than meditate? What if you could simultaneously do both and achieve your most out-of-reach life goals? In Mindfulness for Chocolate Lovers, Diane Gehart combines wit, wisdom, meditations, and a touch of sweetness to help you uncover playful ways to transform any aspect of your life.

Drawn from Thich Nhat Hanh’s Dharma talks given to young people, A Pebble for Your Pocket presents the basic teachings of the Buddha in accessible and modern language. Combining the stories and meditation practices from the previous edition of A Pebble for your Pocket with those collected in Under the Rose Apple Tree plus several new stories, this completely revised edition is written in a conversational style, and is comprised of Buddhist parables, and stories from the author’s own childhood experiences. They elucidate principles of Buddhism and mindfulness practice, and give the young reader and their parents concrete advice on handling difficult emotions such as anger, from which the title - a pebble for your pocket - is taken. Written in a highly accessible style that doesn’t rely on lot of jargon or difficult vocabulary requiring breaks for explanation, Thich Nhat Hanh emphasizes the importance of the present moment through vivid metaphors, original allegories, and colorful stories. Young readers will learn about handling anger, living in the present moment, and “interbeing” — the interconnectedness of all things. Thich Nhat Hanh offers various practices that children can do on their own or with others that will help them to transform anger and unhappiness and reconnect to the wonders of nature and the joy of living in the present moment. This revised edition contains teachings and stories that the whole family can enjoy, as well as practices such as transforming anger in the family, instructions on how to invite the bell, breathing and sitting meditation, touching the Buddha inside, and others. This revised edition of A Pebble for your Pocket remains a unique and classic title in a market with few other substantial offerings on this topic. Its teachings on spirituality and awareness are thought provoking on a child’s level. This significantly expanded version includes all stories and practices previously published in Under the Rose Apple Tree plus 3 never before published stories. With 10 b/w illustrations by Philippe Ames and Nguyen Thi Hop. Ages 6–13. (Second graders and up)

When it comes to weight loss, the emphasis today is shifting away from fad diets and compulsive workouts toward sane, sensible techniques that incorporate both the mind and the body. This is the first book to apply the 2,500-year-old principles of Zen Buddhism to the modern struggle with the vicious cycle of dieting, losing, and regaining weight. From a Buddhist perspective, overeating is a disorder of desire. This book will teach readers how to find freedom from eating problems and the tyranny of desire that triggers them. Filled with concrete, practical exercises and the wisdom of the ages, The Zen of Eating provides, at last, an alternative to ineffective diet programs, products, and pills.

A Complete Guide to Mindfulness Tools for Clinicians At last, an authoritative book filled with mindfulness tools that deliver an essential set of engaging, practical strategies along with re-researching and evidence-based information. The awareness boosting methods in this guidebook offer participants a means of reappraising and observing negative and anxious thoughts, habits, pain, and stress in fresh ways that produce new insight, positive change, and a sense of hope. Featuring over 40 easy to use, reproducible handouts and expertly crafted, guided scripts—such as working with the breath, overcoming depression with here and now pleasantness, calming the anxious mind, and more—plus sense grounding, expanding a client’s strength narrative, the stress pause S-T-O-P technique, and meditations for peace, acceptance, and with kindness to ourselves into their work.

Delicious, Nourishing Food for Lifelong Health and Well-Being

Savoring

The Bread Lover’s Bread Machine Cookbook

Meditation and the Mutual Transformation of Buddhism and American Culture

50 Practical Tips, Tools & Handouts for Anxiety, Depression, Stress & Pain

The Mindfulness-Based Eating Solution

How to Eat

Mindful Ways to Eat, Love Your Body, and Live with Joy

This art of mindfulness can transform our struggles with food—and renew our sense of pleasure, appreciation, and satisfaction with eating. Drawing on recent research and integrating her experiences as a physician and meditation teacher, Dr. Jan Bays offers a wonderfully clear presentation of what mindfulness is and how it can help with food issues. Mindful eating is an approach that involves bringing one’s full attention to the process of eating—to all the tastes, smells, thoughts, and feelings that arise during a meal. Whether you are overweight, suffer from an eating disorder, or just want to get more out of life, this book offers a simple tool that can make a remarkable difference. In this book, you’ll learn how to:
• Tune in to your body’s own wisdom about what, when, and how much to eat
• Eat less while feeling fully satisfied
• Identify your habits and patterns with food
• Develop a more compassionate attitude toward your struggles with eating
• Discover what you’re really hungry for
Mindful Eating also includes a 75-minute audio program containing guided exercises led by the author.

Formally The Headspace Diet, this book is designed to show you how to find your ideal weight in an easy, manageable and mindful way. It allows you to escape the endless diet trap by following simple yet potentially life-changing exercises in order to develop new effective habits and a much improved relationship with food and your body. The Headspace mission is to get as many people taking just 10 minutes out of their day to practise these powerful mindfulness techniques. Mindful eating is a key aspect of mindfulness and as you start to practise it you will notice profound results, both in terms of your shape but also your overall health and well being. Have you tried every diet going only to see the weight creep back on again? Do you feel guilty and anxious about eating certain foods? Or find yourself unable to resist that extra helping even if you’re not actually that hungry? Are you unhappy with your body and how it looks and feels? Now is the time to stop what you’re doing and try a different, healthy and brilliantly effective approach...

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 Hungry, 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 feeding friends and entertaining. Mindful eating has been shown to improve body acceptance, diminish negative self-talk and support weight loss. Mindful cooking is a mindfulness practice in itself, creating more ease in our day-to-day lives. Annie Mahon’s recipes and suggestions are scaffolding anyone can use to build their own mindful kitchen and eating practices.

This book is about savoring life—the capacity to attend to the joys, pleasures, and other positive feelings that we experience in our lives. The authors enhance our understanding of what savoring is and the conditions under which it occurs. Savoring provides a new theoretical model for conceptualizing and understanding the psychology of enjoyment and the processes through which people manage positive emotions. The authors review their quantitative research on savoring, as well as the research of others, and provide measurement instruments with scoring instructions for assessing and studying savoring. Authors Bryant and Veroff outline the necessary preconditions that must exist for savoring to occur and distinguish savoring from related concepts such as coping, pleasure, positive affect, emotional intelligence, flow, and meditation. The book’s lifespan perspective includes a conceptual analysis of the role of time in savoring. Savoring is also considered in relation to human concerns, such as love, friendship, physical and mental health, creativity, and spirituality. Strategies and hands-on exercises that people can use to enhance savoring in their lives are provided, along with a review of factors that enhance savoring. Savoring is intended for researchers, students, and practitioners interested in positive psychology from the fields of social, clinical, health, and personality psychology and related disciplines. The book may serve as a supplemental text in courses on positive psychology, emotion and motivation, and other related topics. The chapters on enhancing savoring will be especially attractive to clinicians and counselors interested in intervention strategies for positive psychological adjustment.

In this much-anticipated follow-up to 50 Ways to Soothe Yourself Without Food, renowned nutrition expert and New York Times best-selling author of Eat O, Susan Albers delivers fifty more highly effective ways to help you soothe yourself without eating—leading to a healthier, happier life! 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 fifty 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. If you’re ready to stop using food as an emotional crutch, and start feeling healthy, happy, and truly fulfilled, this book offers fifty more ways!

The Mindfulness Toolbox

Using Mindfulness to Lose Weight and End the Struggle with Food

Gentle Nutrition

Proven Strategies to End Overeating, Satisfy Your Hunger, and Savor Your Life

The Zen of Eating

The Mindful Diet

Your Go-To Guide for Thriving with Chronic Health Conditions

Simple Mindfulness Practices to Nurture a Healthy Relationship With Food

Presents tools for applying the principles of mindful eating to daily life, such as self-assessment questions and tables that track eating patterns and the emotions accompanying them.

A journey from brainfulness™ to mindfulness, from self-control to self-regulation, and from indifference to compassion Mindfulness meditation is an increasingly popular form of an ancient and powerful technique for reducing stress, elevating one’s mental state, and improving the practitioner’s overall quality of life. Award-winning author and mindfulness meditation teacher Joseph Emet now takes you down a step-by-step path to integrate this potent form of meditation into your daily life. Offering tips, techniques, and practices from mindfulness meditationcoupled with stories from the author’s life as a teacherBuddha’s Book of Meditation guides you to a life teeming with the benefits of regular meditation practice. This volume also includes original music by the author that the reader can access through the webcalling the mind and enhancing the meditation experience. .

Formulated during the Vietnam War, these ethical guidelines remain a penetrating expression of traditional Buddhist morality and how to come to terms with contemporary issues. Interbeingoffers a practical blueprint for living mindfully, one that has proven useful and meaningful to people from all walks of life. The book also includes a brief history, ceremonies, and the revised charter of the Order of Interbeing.

What would it be like to really savor your food? Instead of grabbing a quick snack on your way out the door or eating just to calm down at the end of a stressful day, isn’t it about time you let yourself truly appreciate a satisfying, nourishing meal? In our modern society, weight concerns, obesity rates, and obsession with appearance have changed the way we look at food—and not necessarily for the better. If you have ever snacked when you weren’t hungry, have used guilt as a guide for your eating habits, or have cut calories even when you felt hungry, you have experienced “mindless” eating firsthand. This mindless approach to food is dangerous, and can have serious health and emotional consequences. But if you’ve been mindlessly eating all your life, it can be difficult to make a change. When it comes down to it, you must take a whole new approach to eating—but where do you begin? Practicing mindful eating habits may be just the thing to make that important change. In fact, it might just be the answer you’ve been searching for all these years. The breakthrough approaches in Eating Mindfully, by Susan Albers, use mindfulness-based psychological practices to take charge of cravings so they can eat when they are hungry and stop when they feel full. Ten years after the release of the first edition, this book continues to help thousands of readers change the way they approach mealtime. So what’s changed? For starters, there is a new section that focuses on the “occasional mindless eater.” This second edition emphasizes that mindful eating isn’t only for those on a diet or for those who have severely problematic eating habits—it’s for everyone. In addition, this new edition features over 50 new tips for eating mindfully. Inside, you will learn how to be more aware of what you eat, get to know your fullness and hunger cues, and how to savor and appreciate every bite. You will also learn how mindlessness corrupts the way you eat, and how it can manifest in a number of different eating problems. No matter where you are in your journey toward mindful eating, this book will be an invaluable resource, and you will gain insight into how mindfulness can provide you with the skills needed to control the way you eat—leading to a healthier, happier life. This second edition emphasizes that mindful eating isn’t only for those on a diet or for those who have severely problematic eating habits—it’s for everyone. In addition, this new edition features over 50 new tips for eating mindfully. Inside, you will learn how to be more aware of what you eat, get to know your fullness and hunger cues, and how to savor and appreciate every bite. You will also learn how mindlessness corrupts the way you eat, and how it can manifest in a number of different eating problems. No matter where you are in your journey toward mindful eating, this book will be an invaluable resource, and you will gain insight into how mindfulness can provide you with the skills needed to control the way you eat—leading to a healthier, happier life.

Common sense tells us that to lose weight, we must eat less and exercise more. But somehow we get stalled. We start on a weight loss program with good intentions but we cannot stay on track. Neither the countless numbers of fad diets, nor the annual spending of \$50 billion on weight loss efforts are helping us feel better or lose weight. With Mindful Eating, world-renowned Zen master

Thich Nhat Hanh and Harvard nutritionist Dr. Lillian Cheung join together to show us how to end our struggles with weight once and for all.

Mindful Practices to Heal Your Relationship with Food, Feed Your Whole Self, and End Overeating

Things I Did When I Was Hungry

Mindful Movements

The Joy of Half a Cookie

A Lighthearted Way to Stress Less and Savor More Each Day

Navigating a Peaceful Relationship with Food

Talks from a 21-day Mindfulness Retreat

Ancient Answers to Modern Weight Problems

SavorMindful Eating, Mindful LifeHarper Collins

Jeff Wilson explores the diverse ways in which the Buddhist-derived practice of mindfulness meditation has been applied in American culture.

"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, this book provides the tools to manage cravings, curb emotional overeating, and figure out when you are full. Instead of an all-or-nothing approach to eating, The Mindful Diet focuses on the many variables that drive our habits—including stress, unhappiness, and even unconscious beliefs—and provides a roadmap for sustainable change. "This is not an eat this, don't eat that program; rather, it's an attack on the negative thoughts and patterns that lead to diet failure." (Publishers Weekly) Lasting weight loss and healthy living begin in the mind: now you can learn how to re-program your body, make healthy choices, lose weight, and keep it off for life.

How to Eat is part of the Mindfulness Essentials Series by Zen Master Thich Nhat Hanh, illuminating the basics of mindfulness practice. These short meditations cover everything from eating with others and enjoying our food to connecting with the Earth. Nhat Hanh inspires a joyful and sustainable relationship with all aspects of eating, including gardening, food shopping, preparing, serving, and even cleaning up after a meal. How to Eat is a welcome reminder that the benefits of mindful eating are both personal and global. With sumi ink drawings by Jason DeAntonios.

"[Thich Nhat Hanh] shows us the connection between personal, inner peace and peace on earth." --His Holiness The Dalai Lama Nominated by Martin Luther King, Jr. for a Nobel Peace Prize, Thich Nhat Hanh is one of today's leading sources of wisdom, peace, compassion and comfort. With hard-won wisdom and refreshing insight, Thich Nhat Hanh confronts a subject that has been contemplated by Buddhist monks and nuns for twenty-five-hundred years—and a question that has been pondered by almost anyone who has ever lived: What is death? In No Death, No Fear, the acclaimed teacher and poet examines our concepts of death, fear, and the very nature of existence. Through Zen parables, guided meditations, and personal stories, he explodes traditional myths of how we live and die. Thich Nhat Hanh shows us a way to live a life unfettered by fear.

Practical Responses to Life's Burning Questions

A HarperOne Select

How to Transform Your Relationship with Food for Lasting Weight Loss and Vibrant Health

Simple, Effective Attention and Action Regulation Skills to Help You Focus and Succeed

Eating Mindfully

The Path of Emancipation

Meal by Meal

Mindful Stories for Children and Grown-ups

You don't have to turn to food in difficult times. Well Nourished shows you how to develop a mindful relationship with food as you nourish yourself emotionally. There is much more to nourishing yourself than simply eating food. After a long day of feeling run down and exhausted, what you're likely really hungering for are other forms of nourishment. Well Nourished is here to show you how to live a life where you can feel nourished emotionally, intellectually, physically, socially, and creatively. This is your chance to be mindfully present as you receive, experience, and engage in the nourishing activities and moments that will sustain you on levels other than what your stomach is telling you. You will learn to maintain an inner sense of balance and nourishment even when the waters of life are pitching you around like a ship in a storm. Well Nourished gives you the tools and practices to accomplish all of this when you might otherwise turn to food in these difficult times. With Well Nourished, you will develop a mindful relationship to food and craft your well-nourished life.

Intuitive Eating, 2nd Edition

Wildmind

Mindfulness Strategies to Cope with Stress and End Emotional Eating

Mindless Eating

Buddha's Book of Meditation

A Story About Eating Mindfully

Ten Exercises for Well-Being