

MINDFULNESS-BASED EATING SOLUTION

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

Lynn Rossy, PhD

LYNN ROSSY, PHD, is a licensed clinical psychologist at the University of Missouri's wellness program for faculty and staff. She developed Eat for Life, a mindfulness-based intuitive eating program that successfully helps people overcome eating issues, improve body image, and enhance weight loss. She is on the board of directors of The Center for Mindful Eating.

About the Author



PHOTO BY ANASTASIA POTTINGER

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.

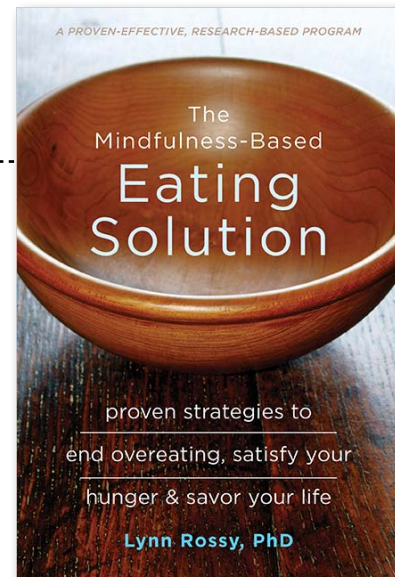
If you find yourself eating without thinking, because you feel bored or sad, or simply because you've had a hard day, indulging here and there is understandable. But emotional eating can often spiral out of control, leading to obesity, diabetes, and heart problems in the long run. The whole-body program 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 higher levels of body appreciation and intuitive eating and lower levels of problematic eating behaviors than did the wait list comparison group.

If you want to lose weight, feel better, and truly enjoy your food, the easy-to-use strategies in this book will show you how—one mindful taste at a time.

Praise

"Reading this book is like talking to a wise and warmhearted friend—a friend who has the knowledge and experience to help you reclaim the natural pleasure and daily satisfaction that is inherent in eating. As an added bonus, it's filled with helpful exercises and tips based on scientific studies, including the author's own research."

—Jan Chozen Bays, MD, author of *Mindful Eating*



WHY EAT MINDFULLY?

- ❑ More than one-third of US adults are obese. Americans spend over 60 billion dollars a year on weight loss products, and a whopping two-thirds of these dieters regained more weight within four or five years than they initially lost (livestrong.com).
- ❑ The proven effective, whole-body approach in this book encourages readers to adopt healthy eating habits by helping them listen to their body's intuition, uncover the psychological cause of their overeating, and slow down and savor each bite—fundamentally changing the way they think about food

FOR MORE INFORMATION, CONTACT

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