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Mindful Eating, Mindful Life: How Mindfulness Can End Our Struggle with Weight Once and for All

By Thich Nhat Hanh, Lilian Cheung

Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, Mindful Eating, Mindful Life: How Mindfulness Can End Our Struggle with Weight Once and for All, Thich Nhat Hanh, Lilian Cheung, It is clear that standard diet and exercise methods are not working to resolve our modern struggles with weight and food. In Mindful Eating, Mindful Life, world-renowned Zen master Thich Nhat Hanh and Harvard nutritionist Lilian Cheung PhD share with you a new sustainable means of healthy eating and weight loss: mindfulness. Mindfulness is an approach to living that helps us be in the here and now - and to end our battle with weight once and for all. In this book, the authors show you how to easily adopt the practice of mindfulness and integrate it into your eating habits, physical activity and all other facets of your daily life to achieve the healthy weight and well-being you seek. Learn how to: identify the roots of your eating habits and weight issues; resolve typical eating problems such as emotional eating, skipping meals, speed-eating and eating at night; dissolve barriers and challenges that prevent physical activity, such as having no time, being too tired or feeling unconfident; eat and...



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