



# The Mindfulness-Based Eating Solution: Proven Strategies to End Overeating, Satisfy Your Hunger, and Savor Your Life

By Lynn Rossy PhD

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**The Mindfulness-Based Eating Solution: Proven Strategies to End Overeating, Satisfy Your Hunger, and Savor Your Life** By Lynn Rossy PhD

**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.

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### Editorial Review

#### Review

“A straightforward and commonsensical glide path into fine-tuning one of the most fundamental relationships in our lives, namely with food, for the sake of well-being, health, happiness, and social connection. This book will nourish and support you in multiple ways and, if you stick with its recommendations for practicing mindfulness, will give you more than a taste of who is eating in the first place, and why.”

—**Jon Kabat-Zinn**, author of *Mindfulness for Beginners*

“Lynn Rossy takes us on a most uplifting and exquisite journey. She shows us how by bringing more consciousness to our eating, we can truly nourish ourselves and experience genuine well-being. She shows us how to have a healthy relationship with our bodies and minds, understand our habits while not being run by them, learn to listen to the wisdom right inside of us, and discover how to truly savor life. Clear, practical, and engaging, *The Mindfulness-Based Eating Solution* makes the process of taking good care of ourselves inspiring and fun. A wonderful book!”

—**James Baraz**, coauthor of *Awakening Joy*, and cofounding teacher at Spirit Rock Meditation Center in Woodacre, CA

“*The Mindfulness-Based Eating Solution* gives anyone who has struggled with food a realistic and achievable approach to finding peace with food and eating. While founded on solid science, Lynn Rossy offers a supportive, nurturing, and real-life approach to inviting change while still enjoying the foods you love. *The Mindfulness-Based Eating Solution* will have you savoring each bite, appreciating your body, and leaving each meal feeling satisfied. Why beat up on yourself and continue to eat on autopilot? This excellent book gives you a clear road map for getting off the diet merry-go-round and building a healthy relationship to food!”

—**Donald Altman, MA, LPC**, author of *The Mindfulness Toolbox*, *Clearing Emotional Clutter*, and *12-Weeks to Mindful Eating*

“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*

#### About the Author

**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.

## **Users Review**

### **From reader reviews:**

#### **Judith Joiner:**

The experience that you get from The Mindfulness-Based Eating Solution: Proven Strategies to End Overeating, Satisfy Your Hunger, and Savor Your Life is a more deep you excavating the information that hide inside the words the more you get considering reading it. It doesn't mean that this book is hard to recognise but The Mindfulness-Based Eating Solution: Proven Strategies to End Overeating, Satisfy Your Hunger, and Savor Your Life giving you excitement feeling of reading. The article author conveys their point in particular way that can be understood by simply anyone who read it because the author of this e-book is well-known enough. This kind of book also makes your own vocabulary increase well. That makes it easy to understand then can go to you, both in printed or e-book style are available. We highly recommend you for having this specific The Mindfulness-Based Eating Solution: Proven Strategies to End Overeating, Satisfy Your Hunger, and Savor Your Life instantly.

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#### **Lavonne Yates:**

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