

Mindful Eating 101

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A GUIDE

TO

HEALTHY EATING

IN

COLLEGE

AND

BEYOND



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Each year, thousands of young men and women show up at college unprepared for many of the challenges and experiences they will encounter for the next four years of their lives. And while parents, friends and teachers will always have advice to offer on the dangers of drugs & alcohol, tips for good hygiene and better work habits, how to do laundry and the importance of quickly making friends with someone who has a car, one vital area is often overlooked. In this book, Dr. Susan Albers brings her unique approach to college students, their parents, and college staff. Using the principles of mindfulness, Dr. Albers presents a guide to healthy eating and self acceptance that will help readers navigate the weight obsessed, diet-crazed, high pressured, fast-food-saturated college environment, establishing patterns of eating that will form the groundwork for a healthier life well beyond college. The aim of this book is to help the reader empower herself to make mindful choices about what, when, where, and how to eat in order to avoid the dreaded "freshman fifteen" without falling into dangerous patterns that could lead to the development of an eating disorder. Written in a light, engaging style that should appeal to college students, parents, counselors and college staff alike, this book has the potential to help people change their eating habits for the better. More than a new diet book or collection of superficial self-affirmations, this book gets at issues such as the importance of making informed choices and the value of self acceptance and good health.

作者介绍:

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