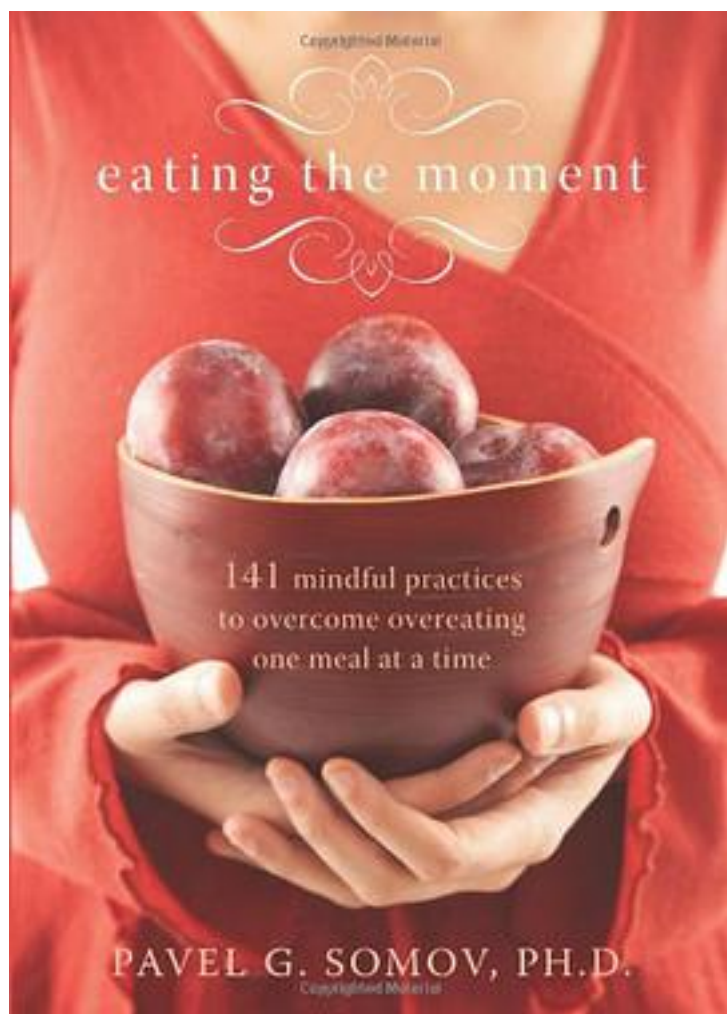


Eating the Moment



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Mindfulness itself has been studied in recent years and found to effectively reduce

symptoms of chronic pain, anxiety and panic, fibromyalgia, psoriasis, and depression, as well as a range of other health and psychological problems. Recent research has shown mindfulness to be effective in helping binge eaters control their bingeing and to feel more in control of their eating. In this book, Buddhist psychologist Pavel Somov introduces techniques, exercises, and tools to help overeaters to slow down and become more aware of their food and food-related issues such as triggers for overeating. Readers can then use these techniques to get control over their overeating. Unlike most books about eating, Somov doesn't judge the reader for emotional eating, being triggered into eating, or eating out of boredom. He doesn't tell the reader how to eat; instead, he helps the reader become more aware of why he or she is eating at the moment, and helps the reader slow down, develop awareness of the experience of eating, and become more centered around his or her eating. There are 141 specific exercises in this book to promote mindful eating, as well as brief discussions of why we eat and stop eating, mindfulness principles, finding meaning in food and the act of eating, and developing a 'philosophy of eating'.

作者介绍:

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