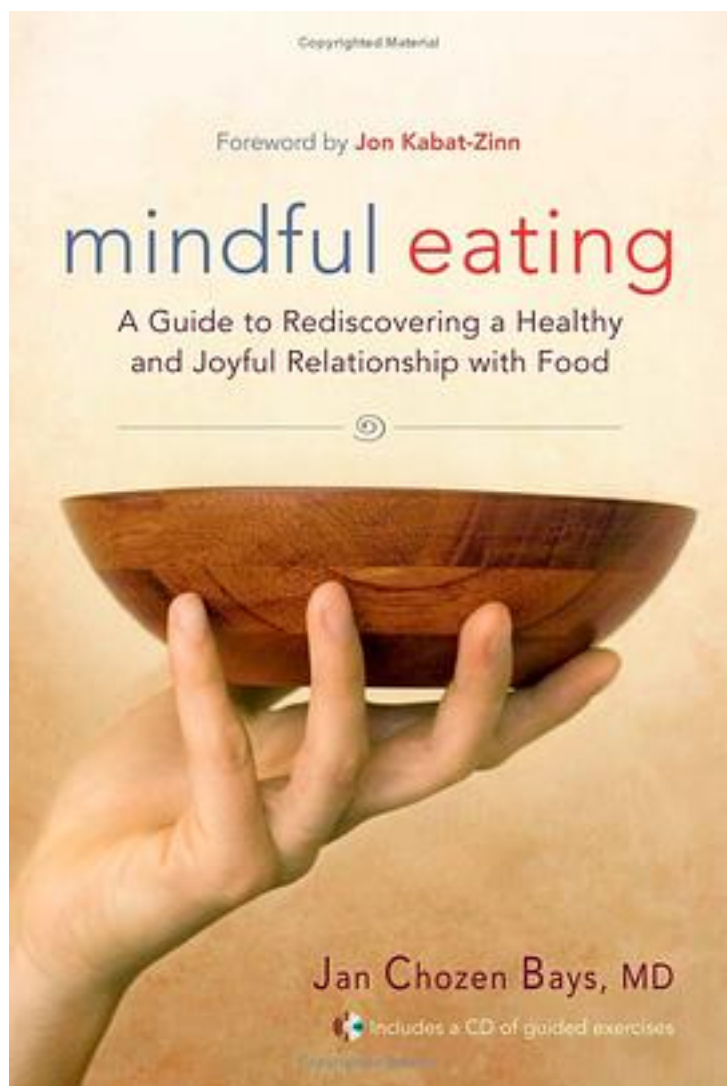


# Mindful Eating



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著者:Jan Chozen Bays

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## Book Description

The art of mindfulness can transform our struggles with food—and renew our sense of pleasure, appreciation, and satisfaction with eating. Drawing on recent research and integrating her experiences as a physician and meditation teacher, Dr. Jan Bays offers a wonderfully clear presentation of what mindfulness is and how it can help with food issues.

Mindful eating is an approach that involves bringing one's full attention to the process of eating—to all the tastes, smells, thoughts, and feelings that arise during a meal. Whether you are overweight, suffer from an eating disorder, or just want to get more out of life, this book offers a simple tool that can make a remarkable difference.

In this book, you'll learn how to:

- Tune into your body's own wisdom about what, when, and how much to eat
- Eat less while feeling fully satisfied
- Identify your habits and patterns with food
- Develop a more compassionate attitude toward your struggles with eating
- Discover what you're really hungry for

Mindful Eating also includes a 75-minute audio CD containing guided exercises led by the author.

## 作者介绍:

### About the Author

Jan Chozen Bays, MD, is a Zen master in the White Plum lineage of the late master Taizan Maezumi Roshi. Along with her husband, Hogen Bays, she serves as a priest and teacher at the Jizo Mountain-Great Vow Zen Monastery in Clatskanie, Oregon. She is also a pediatrician who specializes in the evaluation of children for abuse and neglect. She is a wife, mother and grandmother and loves to garden, play marimba and sculpt Jizo images.

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标签

营养

心灵

灵修

养生

身心灵

英文原版

提升

心理学，心理治疗

评论

好好吃饭，好好睡觉。

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繁体中文版～西方人的刀叉vs 东方人的筷子

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food and love and meditation. some take aways: make four food columns -  
illness/comfort/like/dislike food,,,得好好想想了

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## 书评

运用正念的艺术可以转化我们与食物之间的矛盾挣扎，恢复对饮食的愉悦感和满足感。  
Dr. Jan  
Bays依据最新的研究成果，并整合了她做为内科医生和冥想老师所获得丰富经验，精炼而又清晰地向大家阐释出正念的含义以及它是如何在食物这项议题中帮助我们的。  
正念饮食是把我们的专注...

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正念饮食（mindful eating） 正念是什么  
这本书是为所有想改善自己与食物之间关系的人们而写的。无论是你和我们中的很多人一样，有一般程度的暴食倾向，还是你在和肥胖症、贪食症、厌食症做斗争，或是正面临着其他类似问题，这本书是献给你的。 我是一名医生（我的专科是儿...

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