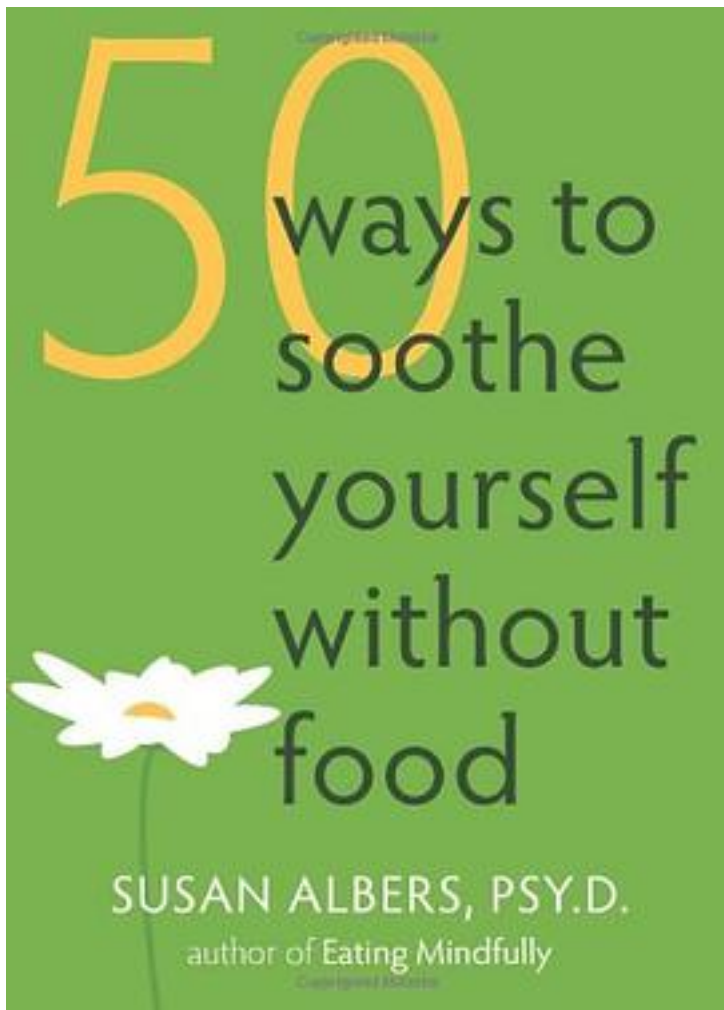


# 50 Ways to Soothe Yourself without Food



[50 Ways to Soothe Yourself without Food 下载链接1](#)

著者:Albers, Susan

出版者:

出版时间:2009-9

装帧:

isbn:9781572246768

Food has the power to temporarily alleviate stress and sadness, enhance joy, and bring

us comfort when we need it most. It's no wonder experts estimate that 75 percent of overeating is triggered by our emotions, not physical hunger. The good news is you can instead soothe yourself through dozens of mindful activities that are healthy for both body and mind. Susan Albers, author of *Eating Mindfully*, now offers *50 Ways to Soothe Yourself Without Food*, a collection of mindfulness skills and practices for relaxing the body in times of stress and ending your dependence on eating as a means of coping with difficult emotions. You'll not only discover easy ways to soothe urges to overeat, you'll also learn how to differentiate emotion-driven hunger from healthy hunger. Reach for this book instead of the refrigerator next time you feel the urge to snack-these alternatives are just as satisfying "A thoughtful volume filled with practical solutions for emotional eaters everywhere." -Madelyn H. Fernstrom, Ph.D., CNS, founding director of UPMC Weight Management Center, professor at the University of Pittsburgh Medical Center "Albers's soup-to-nuts list of creative, accessible, self-soothing tips will undoubtedly help anyone who has struggled with dieting, food, or body image. Beyond that, her exercises in mindfulness, deep breathing, and journaling are top-notch tools for finding balance in life overall." -Leslie Goldman, author of *Locker Room Diaries* Printed with soy-based inks on 100 percent post-consumer waste recycled paper. Forest Stewardship Council (FSC) certified.

作者介绍:

目录:

[50 Ways to Soothe Yourself without Food 下载链接1](#)

标签

生活

成长

心理学

评论

---

[50 Ways to Soothe Yourself without Food 下载链接1](#)

书评

-----  
[50 Ways to Soothe Yourself without Food 下载链接1](#)