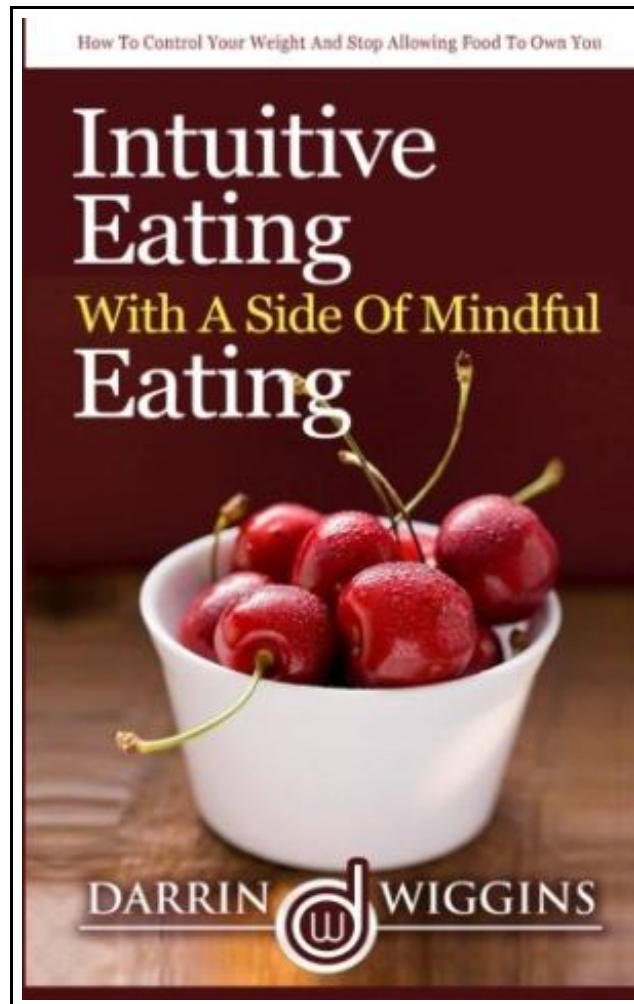


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(Orval Halvorson III)

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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you tired of feeling out of control when it comes to the food you eat? Do you believe you lack the self-control to stop eating based on emotion?Intuitive Mindful Eating Is there a difference between intuitive and mindful eating? In my opinion, no not really. For the purpose of this book, you can look at them as complementing each other or being used interchangeably. Not everyone will agree with that approach, but it is the simplest way of looking at it.Both are non-diet philosophies that encourage paying attention to what you are eating and the purpose you are eating it for. They also stress the importance of eating judgement free. When you are conscious of why you are eating what you are eating, you tend to not overeat.With a different mindset towards food you start to: Give yourself permission to eat without conditionsEat for physical not emotional satietyBecome fully aware of your true internal hunger and satiety cuesEssentially mindful and intuitive eating help facilitate normal eating. Normal eating defined as eating that doesn t make you feel guilty or worse about yourself but for enjoyment and physical satisfaction.We are all born with the natural instinct to know when we need to eat and to recognize which foods are bad for us based on how they make our body feel. Unfortunately, many of us have become distracted from this inner voice due to misguided advertising and the enticing taste of processed foods.Distracted EatersHow often do you eat dinner in front of the T.V. or while enjoying a game of solitaire while eating lunch at work? This is distracted eating at its finest. When you eat in a distracted...



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