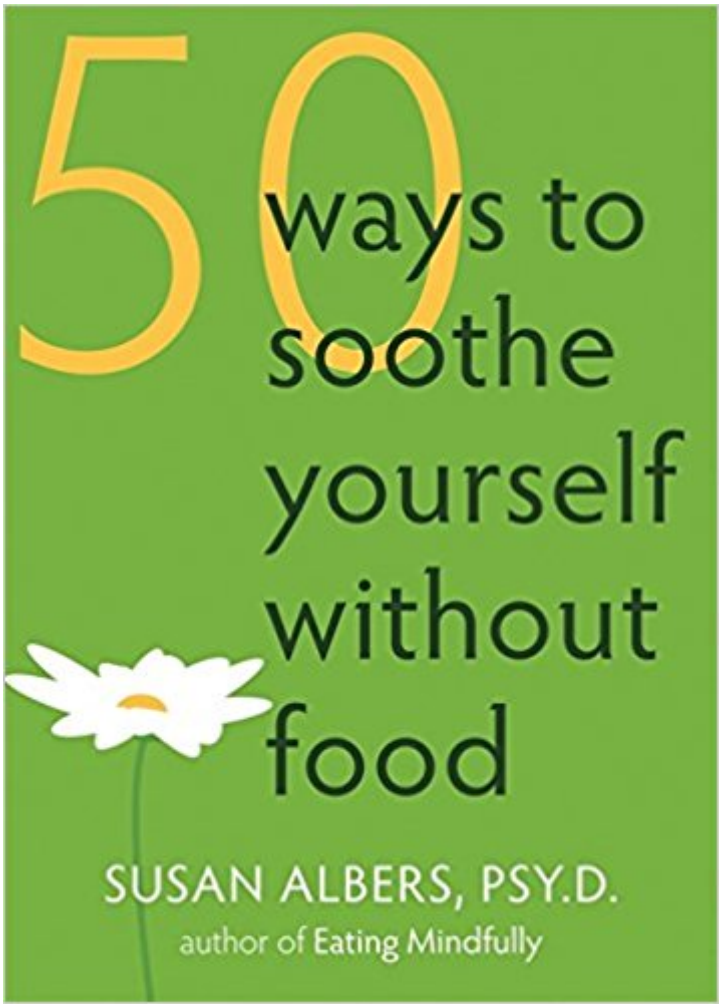
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50 Ways To Soothe Yourself Without Food



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Synopsis

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!

Book Information

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Best Sellers Rank: #50,978 in Books (See Top 100 in Books) #39 inÃ Â Books > Health, Fitness & Dieting > Mental Health > Eating Disorders #57 inÃ Â Books > Health, Fitness & Dieting > Addiction & Recovery > Drug Dependency #149 inÃ Â Books > Health, Fitness & Dieting > Women’s Health > General

Customer Reviews

"A thoughtful volume filled with practical solutions for emotional eaters everywhere." Ã¢â ¬â •Madelyn H. Fernstrom, PhD, 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." Ã¢â ¬â •Leslie Goldman, author of Locker Room Diaries"Albers has done it again! 50 Ways to Soothe Yourself Without Food makes complex

psychological concepts simple and accessible. I highly recommend you buy this book if you have ever turned to food for comfort and want to learn a new way of coping." Ã¢â ¬â •Kathleen Burns Kingsbury, LMHC, CPCC, coauthor of Weight Wisdom and founder of KBK Connections, Inc."You don’t have to be worried about your waistline to reap life-changing benefits from AlbersÃ¢â ¬â„¢s easy-to-follow guidance. Reading this little book will boost your mood, reduce stress, and provide soothing alternatives to that next dessert! I highly recommend it." Ã¢â ¬â •Amy Weintraub, author of Yoga for Depression and director of the LifeForce Yoga Healing Institute

In 50 Ways to Soothe Yourself Without Food, Susan Albers, eating disorder specialist and best-selling author of Eating Mindfully, presents fifty exercises readers can do to soothe themselves, calm stress, and end emotional eating.

A well written book. It was an awakening why I eat so often. The 50 methods all make sense. I already put some of them in to use.

This is a very interesting and informative book on how to get past depending on food to soothe yourself. I would highly recommend this to anyone contemplating gastric surgery or dieting for that matter. There are so many things that culturally lead us to use food for comfort. This helps guide you to better choices for comfort.

This is indispensable in my practice. Humans are emotional, and most of us soothe ourselves to some degree with food. Having tips for soothing without food is, without question, essential.

I couldn’t really relate to this book. I think it could be improved if it provided notetaking space on the pages. I think much of the book prompted reflection and notetaking but I never actually did that because it was inconvenient. That being said... I did gain some new perspective after reading

This is a gem. I am recommending to all I meet in my classes who ate struggling with stress. Even if stress eating is not the issue, the anti-stress ideas are marvelous. I will keep this one at hand after the harder days teaching at my urban campus.

This is a real gym of a little book. I love the way all the ideas are presented. I took my favorite out-put them in a big bowl and then sometimes when a craving hits, or I’m feeling what I call

"squirrely" I pull one out to distract me & or soothe me. Some are fun activities to do with grandchildren. Maybe if they see what I do they can use them as coping skills as well. Like you se-5 stars for me. I wrote a more in depth review on my blog if you are interested (http://www.fairysredcolordiet.com/blog/50-ways-to-soothe-yourself-without-food).

I haven't finished the entire book yet, but it has some great advice on ways to not just pick up food when you are stressed, etc. I would recommend this book for emotional eaters. It is already helping me.

There's something for everyone on a diet. you can flip through this book and find something to change your over eating behavior. If one technique doesn't appeal to you, another one will. It's keeping me from cheating on my diet.

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