

Susan Albers, Psy.D.

AUTHOR OF *50 WAYS TO SOOTHE YOURSELF WITHOUT FOOD*



About the Author

SUSAN ALBERS, PSY.D.

is a psychologist who specializes in eating issues, weight loss, body image concerns and mindfulness. She is a College of Wooster graduate and obtained her masters and doctorate degree from the University of Denver. Susan completed her APA internship at the University of Notre Dame in South Bend, Indiana and her post-doctoral fellowship at Stanford University in California. Dr. Albers conducts mindful eating workshops nationally and internationally.

“Dr. Albers has done it again! 50 Ways to Soothe Yourself without Food takes complex psychological concepts and makes them simple and accessible. I highly recommend you buy this book if you or someone you love has ever turned to food for comfort and want to learn a new way of coping.”

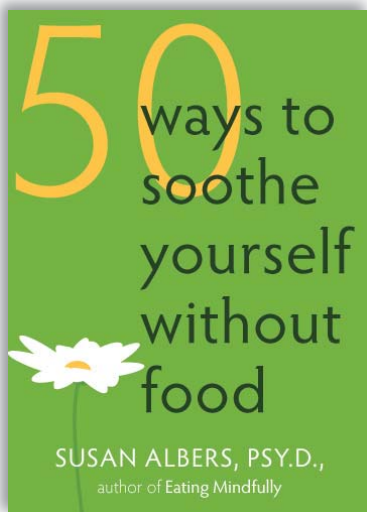
— Kathleen Burns
Kingsbury, LMHC, CPCC
Co-author, *Weight Wisdom*

Dr. Albers is the author of the best-selling books ***Eating Mindfully, Eat, Drink, and Be Mindful*** and ***Mindful Eating 101***. Her work has been quoted in *O, the Oprah Magazine, Family Circle, Self, Health, Fitness Magazine, Natural Health*, and *the Wall Street Journal*. Susan is also an AOL Diet & Fitness Coach and a blogger on *Huffington Post*.

Susan has researched and worked with a number of individuals struggling with eating disorders, body image and self esteem issues. She has a special interest in college students with mild, moderate and severe eating disorders. In addition to eating issues, she has experience treating mood problems, relationship issues and sexual concerns. Dr. Albers has been part of several multidisciplinary eating disorder treatment teams. Also, she is a member of the Academy of Eating Disorders and the American Psychological Association, Cleveland Clinic Foundation, and National Eating Disorders Association

Susan enjoys spending time jogging and walking (she is a New York Marathon, Bolder Boulder 10K & the San Francisco half marathon finisher), traveling, and exploring other cultures.

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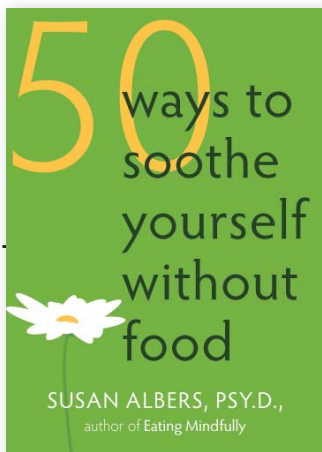


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50 WAYS TO SOOTHE YOURSELF WITHOUT FOOD
Mindful Practices for Finding Relief, Comfort & Calm
Susan Albers, Psy.D.

September 2009 / 978-1-57224-676-8 / \$16.95 / 5 x 7 / 224 pages



50 WAYS TO SOOTHE YOURSELF WITHOUT FOOD

Mindful Practices for Finding Relief, Comfort & Calm

SUSAN ALBERS, PSY.D.

About the Book

We've all had "one of those days" that leave us emotionally spent and desiring nothing more than to curl up with a movie and our favorite comfort food.

But for some, bad days and the need for comfort food comes with a greater regularity until chronic overeating is the norm. While eating is a common coping mechanism for stress, anxiety, depression, and emotional turmoil, the ramifications of overeating can be significant. According to the National Center for Health Statistics, approximately 66 percent of Americans are overweight or obese, and experts estimate that 75 percent of overeating is caused by emotional eating (Medicinenet.com/WebMD.com).

Psychologist Susan Albers invites readers to open **50 Ways to Soothe Yourself Without Food: Mindful Practices for Finding Relief, Comfort & Calm** instead of the refrigerator when they feel stressed to find techniques such as self-distraction, meditation, self-massage, and mindful imagery to calm feelings of hunger that are rooted in anxiety, and not the need for nourishment. Unlike diet books, which tell readers what to eat, **50 Ways to Soothe Yourself Without Food** helps readers discover why they are eating and learn new ways to deal with life's ups and downs. This book is broken into five categories:

- cognitive techniques
- meditation techniques
- body techniques
- distraction techniques
- connection techniques

Used alone or as a complement to a diet program, readers can turn to **50 Ways to Soothe Yourself Without Food** time and time again to quell the urge to snack and remind themselves of healthy ways to find peace of mind.

Excerpt:

SOOTHING AFFIRMATIONS

How can you convince yourself that soothing yourself without food is possible after so many years of doing the opposite? Affirmations are a helpful step. You can use affirmations to retrain your brain to think confidently and optimistically about your ability to choose nonfood methods to calm yourself down. Also, you can direct affirmations toward the many different aspects of your life. For example, here are some to use for specific purposes:

- **Physical:** "I have a healthy body."
- **Emotional:** "I am a strong person and a survivor. I've coped with many difficult things in my life. I can cope with emotional eating too."
- **Intellectual:** "I am smart person. I can find many logical ways to soothe myself that will work better than eating."
- **Creative:** "I know how to think outside of the box. I can find many solutions to stress eating."
- **Relationships:** "I deserve respect. When I take care of my body, I am respecting myself."

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Praise

"You don't have to be worried about your waist line to reap the life-changing benefits from Dr. Albers' easy-to-follow guidance. Reading this little book will boost your mood, reduce your stress, and provide soothing alternatives to that next dessert! I highly recommend it!"

— AMY WEINTRAUB, AUTHOR OF *YOGA FOR DEPRESSION*
DIRECTOR OF THE LIFEFORCE YOGA HEALING INSTITUTE

"Albers' soup-to-nuts list of creative, accessible self-soothing tips will undoubtedly help any woman who has struggled with dieting, food or body image. Beyond that, her prescriptions for exercises in mindfulness, deep breathing and journaling are top notch tools for finding balance in one's life overall."

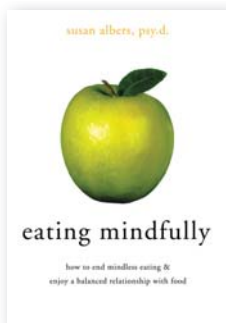
— LESLIE GOLDMAN, AUTHOR OF *"LOCKER ROOM DIARIES: THE NAKED TRUTH ABOUT WOMEN, BODY IMAGE AND RE-IMAGINING THE 'PERFECT' BODY*

"Dr. Albers has done it again! *50 Ways to Soothe Yourself Without Food* takes complex psychological concepts and makes them simple and accessible. I highly recommend you buy this book if you or someone you love has ever turned to food for comfort and want to learn a new way of coping."

— KATHLEEN BURNS KINGSBURY, LMHC, CPCC
PRESIDENT OF KBK CONNECTIONS, INC AND CO-AUTHOR OF *WEIGHT WISDOM*

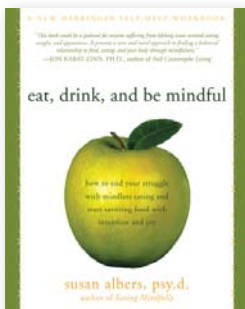
also check out:

EATING MINDFULLY



How to End Mindless Eating
& Enjoy a Balanced Relationship
with Food
978-1-57224-350-7 • April 2003

EAT, DRINK & BE MINDFUL



How to End Your Struggle With
Mindless Eating And Start Savoring
Food with Intention and Joy
978-1-57224-615-7 • Jan 2009

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