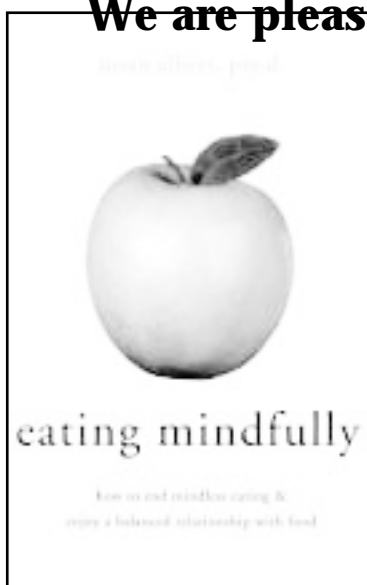


New Harbinger Publications
5674 Shattuck Avenue, Oakland, CA 94609

FOR A REVIEW COPY OR INTERVIEW REQUEST CONTACT:
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~~We are pleased to announce the publication of~~



Eating Mindfully

How to End Mindless Eating & Enjoy a
Balanced Relationship with Food

Susan Albers, Psy.D.

In *Eating Mindfully*, Susan Albers, Psy.D., an eating disorders specialist, uses the Buddhist concept of mindfulness to create a comprehensive plan for unraveling eating problems. Albers shows readers how to regain balance in their relationship to food by focusing on the four foundations of mindfulness: Mindfulness of the Mind, Mindfulness of the Body, Mindfulness of Thoughts, and Mindfulness of Feelings.

Through a series of “Skills Builders,” which provide step-by-step exercises for heightening all four facets of mindfulness readers learn to:

- Recognize and respect natural queues for food;
- Cope with the difficult emotions that can trigger cycles of disordered eating;
- Make peace with their bodies;
- Recognize the connection between mood and appetite; and
- Develop compassionate self-talk.

Readers come away from *Eating Mindfully* with a set of enduring skills that can translate into a lifetime of healthy and balanced eating. Anyone who wants control their eating from the inside-out and for the long haul will find an invaluable resource in this unique book.

“This is a simple and powerful book—one that takes the reader on a journey within to find solutions to their own individual eating difficulties.”

—Denise Lamothe, Psy.D., HHD, author, *The Taming of the Chew: A Holistic Guide to Stopping Compulsive Eating*

EATING MINDFULLY
1-57224-350-3, (PAPER), \$13.95, 168 PAGES
AVAILABLE AT BOOKSTORES OR FROM THE PUBLISHER,
1-800-748-6273, WWW.NEWHARBINGER.COM

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Suggested Interview Questions for Eating Mindfully

1. What is mindfulness and how can it help in overcoming disordered eating?
2. What role does compassion play in learning to become a mindful eater?
3. What are some examples of mindless eating?
4. What is a mindfulness food diary and why do you suggest that readers keep one?
5. You say that "The dieting mindset is akin to taking a knife and cutting the connection that is your body's only line of communication with you head." Can you explain this and how would you convince someone who is overweight of the benefits of *not* dieting?
6. Eating problems can stem from body loathing. What are few ways to use mindfulness to make peace with out bodies, even if we've spent virtually our whole lives trying to change them?
7. *Eating Mindfully* is sprinkled with "Skill Builders," which guide readers in exercises to develop mindfulness. What are a few of them?
8. What is emotional eating and how can we mindfully cope with it?
9. You have a section in the book called "Mindful Holiday Feasting." What are few ways to avoid mindless eating around holidays and celebrations?
10. What is mindful imagery and mindful realism and how can they help in increasing mindfulness?

"Susan Albers explores crucial spiritual dimensions that are so often overlooked in our relationship with food. Readers will easily identify the habits that trap them in cycles of mindless dieting, bingeing, and chaotic eating and help them cultivate a compassionate relationship between mind, body, thoughts, and feelings."

-Rita Freedman, Ph.D., author, *Bodylove: Learning to Like Our Look and Ourselves*

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About the Author of **Eating Mindfully**

Susan Albers, Psy.D., is a counseling psychotherapist at Ohio Wesleyan University. Dr. Albers maintains a private practice in which she treats men and women with eating issues.

Raves for **Eating Mindfully**

“The practice of mindful eating is like going on an archeological dig through layers of symptoms to the truth underneath. Albers has given us an excellent map! Her book makes clear that problem eating can be a great teacher if only we stop to listen. I highly recommend this gentle, respectful, practical guide.”

—Linsay Hall, author, *Bulimia: A Guide to Recovery* and
Anorexia Nervosa: A Guide to Recovery

“We eat to live, yet some of us lose perspective and control of our relationship with food. Albers, drawing upon the powerful integration of Eastern wisdom and Western science, guides us along a practical journey of mindfulness pointing to acceptance of our bodies and ourselves.”

—Thomas F. Cash, Ph.D., professor of psychology, Old Dominion University, and author, *The Body Image Workbook*

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