

EATING THE MOMENT

141 Mindful Practices to Overcome Overeating
One Meal at a Time

PAVEL G. SOMOV, PH.D.

Tips

ASPECTS OF MINDFUL EATING INCLUDE:

- habitual mindfulness of environmentally triggered eating
- habitual mindfulness of hunger and fullness
- habitual mindfulness of the process of eating
- habitual mindfulness of emotionally triggered eating
- mindful (rather than mindless) emotional eating

(from page 11)

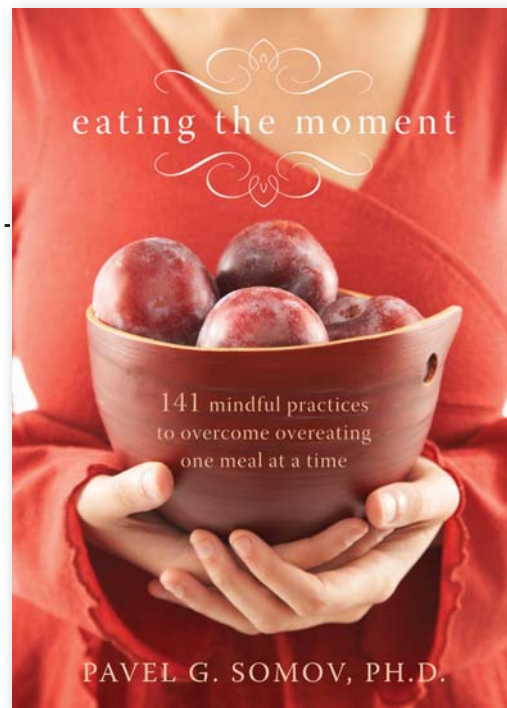
Mindfulness has been studied in recent years and found to effectively reduce symptoms of chronic pain, anxiety and panic, fibromyalgia, psoriasis, and depression, as well as a range of other health and psychological problems.

Eating The Moment introduces techniques, exercises, and tools to help overeaters to slow down and become more aware of their food and food-related issues such as triggers for overeating. Readers can then use these techniques to get control over their:

- Environmental triggers for eating
- The process of eating
- When and why we stop eating
- Cravings
- The sensual aspects of eating
- Emotional eating
- Searching for meaning in food
- Developing a philosophy of eating

By developing habitual awareness and a playful attitude about the process of eating, compulsive eaters will find that their eating slows down, becoming less compulsive and dictated by external forces, such as boredom, emotional pain, or habit. There are 141 specific exercises in this book to promote mindful eating, as well as brief discussions of why people eat and stop eating, mindfulness principles, finding meaning in food and the act of eating, and developing a "philosophy of eating."

WWW.EATINGTHEMOMENT.COM



FOR AN INTERVIEW REQUEST *or*
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Pavel G. Somov, Ph.D.

November 2008 / 978-1-57224-543-3 / \$14.95 / 5 x 7 / 216 pages



newharbingerpublications, inc. | 800-748-6273 | newharbinger.com



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PAVEL G. SOMOV, PH.D.

About the Author

PAVEL SOMOV, PH.D.,

is a clinical psychologist in private practice in Pittsburgh, PA. Eating the Moment uses techniques and tools he developed for working with clients struggling with compulsive and addictive spectrum disorders including binge eating and substance abuse. Part of his client base has also included people considering gastric bypass surgery.

Somov emigrated from Russia to the United States in his early twenties. He received his Ph.D. in counseling psychology from the State University of New York at Buffalo in 2000.

Praise

In Eating the Moment, psychologist Pavel Somov gives you the practical tools you need to reap the rewards of eating more mindfully. Read it and discover how to have a relationship with food that is smarter, healthier, more conscious, and enjoyable.

-Deborah Kesten, MPH, author of The Enlightened Diet

“Pavel Somov is one of the more creative psychologists around. He is knowledgeable about research-based and effective therapy techniques. He is aware of Eastern philosophies, and Buddhism in particular. And he is a productive therapist who knows how to translate knowledge into personal action for clients. All of these gifts are evident in Dr. Somov’s book, ‘Eating the Moment,’ which is not only informative, not only good reading, but also tremendously helpful in the most difficult area of behavior change -- losing and keeping off weight.”

--Stanton Peele, Ph.D., J.D., addiction expert, author of Seven Tools to Beat Addiction and Addiction-Proof Your Child

Eating the Moment is a quick, enjoyable read full of creative, clever exercises and insightful, thought-provoking text. Rather than being shamed into deprivation, readers are taught original exercises to help them learn about their palates and manage their appetites. Who knew that weight control could be so fun and empowering?

--Dina Cheney Author of Tasting Club (DK Publishing) Freelance Writer, Tasting Host

“Eating the Moment is a thoughtful feast for those who want to understand the psychology of eating and how to overcome mindlessness with food. The 141 eating practices are easy to grasp appetizers for becoming more aware, overcoming craving, and transforming your experience with food. If you have ever wanted a primer on eating skills that you never learned at home or in school, this book is an excellent place to start.”

--Donald Altman, former Buddhist monk and author, Meal by Meal and Art of the Inner Meal.

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