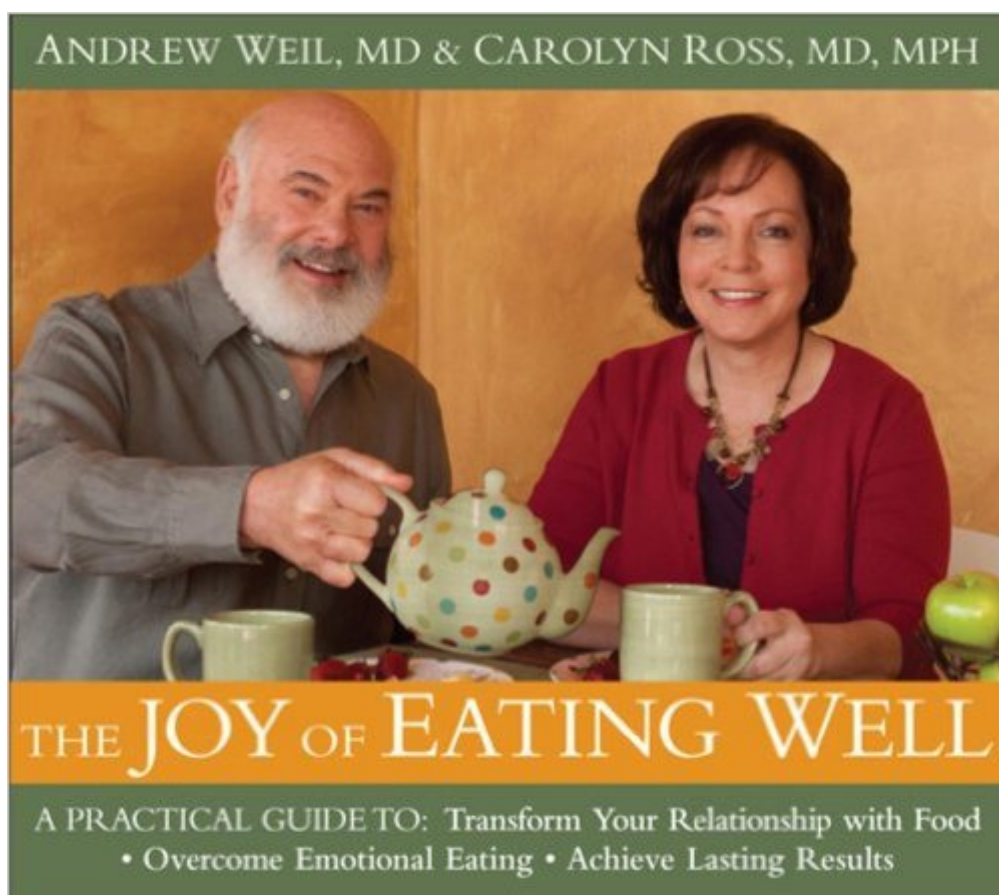


The book was found

The Joy Of Eating Well: A Practical Guide To- Transform Your Relationship With Food- Overcome Emotional Eating- Achieve Lasting Results



Synopsis

Health first, then weight. This is part of the liberating new approach to managing our patterns of eating developed by integrative medicine pioneer Dr. Andrew Weil and Dr. Carolyn Ross. *The Joy of Eating Well* presents their revolutionary program for transforming your relationship with food and fostering harmony in the mind and spirit through greater self-awareness and body acceptance. This richly informative two-session course of practical teachings, actionable advice, and exercises explores: Dr. Weil's insights about optimal nutrition, cultural influences on our eating patterns, and an integrative view of eating well including his anti-inflammatory diet The five levels of healing our relationship with food, from behaviors and emotions to core beliefs and the needs of the recognition of the soul Dr. Ross SIMPLE Plan a five-point system for managing meals plus tips for making lifestyle changes that support your goals Seven guided practices with Dr. Ross including Mindful Eating, The Awakened Body Process, and The Future Self Meditation There is considerable misconception about food that tastes good being incompatible with food that is good for you. With *The Joy of Eating Well*, now you have a much-needed resource for honoring the body and spirit while moving toward your healthy weight.

Book Information

Audio CD: 2 pages

Publisher: Sounds True, Incorporated; Com/Bklt S edition (December 28, 2010)

Language: English

ISBN-10: 1604070781

ISBN-13: 978-1604070781

Product Dimensions: 5.6 x 0.5 x 4.9 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 starsÂ Â See all reviewsÂ (1 customer review)

Best Sellers Rank: #1,919,553 in Books (See Top 100 in Books) #12 inÂ Books > Books on CD > Authors, A-Z > (W) > Weil, Dr. Andrew #182 inÂ Books > Books on CD > Health, Mind & Body > Fitness #990 inÂ Books > Books on CD > Health, Mind & Body > General

Customer Reviews

I saw no reviews for this so borrowed from the library to determine if a purchase made sense. I am surprised by a few things: While the audio format makes sense, going with CD *only* in 2011 seems very behind the times. Maybe they were targeting an older market? Seems more like the kind of tool you might want on an iPhone than a CD player (if you still have one of those!). The CD's are split

into two: An Intro and one where Dr. Weil talks primarily about healthy eating in general, the science, the pleasure, the economics, etc. I found that his discussion was very compelling, never condescending, and made me feel full of hope and excitement for nourishing foods without the restrictions of a "diet". The second part is Dr. Ross leading you through exercises to address binge eating behaviors. While I found these helpful and somewhat insightful (I was surprised by how many interesting food memories her exercises uncovered), they are a bit "woo woo". To be sure, she is sincere, kind, committed to helping, and has a lovely, compassionate voice but still a bit "woo woo". That is not to say it is not effective or not effective in most but I was a bit bored. I did like her points about mindful eating and her suggesting you ask ""What needs nourishing - my body or my spirit?" but I am simply not someone to visualize myself lying on the beach listening to waves easily. I also found it a bit confusing. She talks about your "hook" but even after the full exercise, I was unsure if a hook is what precipitates binge eating, what you have used in the past to deal with tough life moments, or the past tough life moments themselves.

[Download to continue reading...](#)

The Joy of Eating Well: A Practical Guide to- Transform Your Relationship with Food- Overcome Emotional Eating- Achieve Lasting Results Negotiation Genius: How to Overcome Obstacles and Achieve Brilliant Results at the Bargaining Table and Beyond Business Negotiation: 20 Steps To Negotiate With Results, Making Deals, Negotiation Strategies, Get What You Want, When You Want It, Achieve Brilliant Results, Negotiation Genius, Leadership Systems Thinking For Social Change: A Practical Guide to Solving Complex Problems, Avoiding Unintended Consequences, and Achieving Lasting Results Your First Year in Network Marketing: Overcome Your Fears, Experience Success, and Achieve Your Dreams! The Seasoned Life: Food, Family, Faith, and the Joy of Eating Well The Food Service Professional Guide to Controlling Restaurant & Food Service Food Costs (The Food Service Professional Guide to, 6) (The Food Service Professionals Guide To) The Mindful Appetite: Practices to Transform Your Relationship with Food Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome With The Adrenal Reset Diet. How To Reduce Stress, Anxiety And Boost Energy Levels And Overcome Adrenal Fatigue Syndrome Forging Bonds of Steel: How To Build A Successful And Lasting Relationship With Your Financial Advisor 52 Things Daughters Need from Their Dads: What Fathers Can Do to Build a Lasting Relationship Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food (Includes CD) Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food Ten Lessons to Transform Your Marriage: America's Love Lab Experts Share Their Strategies for Strengthening Your Relationship The Food Service Professional Guide to Controlling Restaurant & Food Service

Operating Costs (The Food Service Professional Guide to, 5) (The Food Service Professionals Guide To) Spartan Fit!: 30 Days. Transform Your Mind. Transform Your Body. Commit to Grit. Hug Your Customers: The Proven Way to Personalize Sales and Achieve Astounding Results The Book of Joy: Lasting Happiness in a Changing World The Art of Disappearing: Buddha's Path to Lasting Joy Sales & Operations Planning RESULTS: Find, Measure, and Manage Results Throughout Your Supply Chain

[Dmca](#)