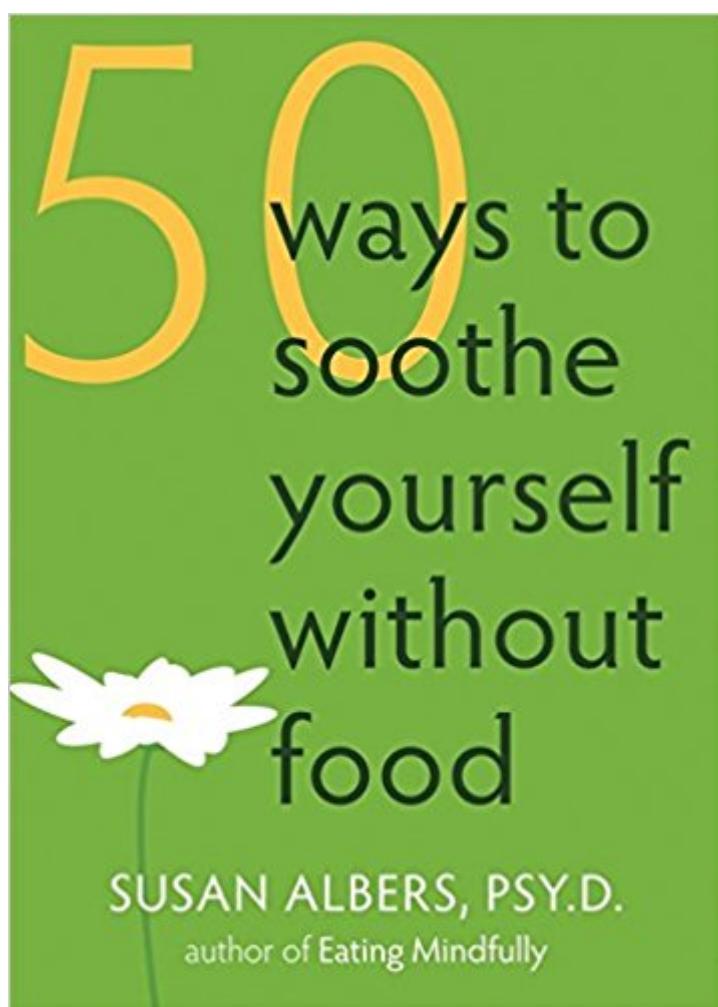


The book was found

50 Ways To Soothe Yourself Without Food



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

Paperback: 232 pages

Publisher: New Harbinger Publications; 1 edition (September 1, 2009)

Language: English

ISBN-10: 1572246766

ISBN-13: 978-1572246768

Product Dimensions: 0.5 x 5 x 7.2 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 135 customer reviews

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

Customer Reviews

"A thoughtful volume filled with practical solutions for emotional eaters everywhere." 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." 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." 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 Albersâ™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." 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 gem 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 see 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.

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

50 Ways to Soothe Yourself Without Food 50 More Ways to Soothe Yourself Without Food: Mindfulness Strategies to Cope with Stress and End Emotional Eating Food Truck Business: How To Start Your Own Food Truck While Growing & Succeeding As Your Own Boss (Food Truck, Food Truck Business, Passive Income, Food ... Truck Startup, Food Truck Business Plan,) Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook, Whole Food Recipes, Clean Eating, Paleo, Ketogenic) How To Represent Yourself in Family Court: A step-by-step guide to giving yourself the best chance of successfully representing yourself in court (How2Become) Dr Ruth's Guide for the Alzheimer's Caregiver: How to Care for Your Loved One without Getting Overwhelmed and without Doing It All Yourself The Calm Coloring Book: Beautiful images to soothe your cares away (Chartwell Coloring Books) The Easy Acid Reflux Cookbook: Comforting 30-Minute Recipes to Soothe GERD & LPR The Quick & Easy IBS Relief Cookbook: Over 120 Low-FODMAP Recipes to Soothe Irritable Bowel Syndrome Symptoms The Lupus Diet Plan: Meal Plans & Recipes to Soothe Inflammation, Treat Flares, and Send Lupus into Remission Painting for the Soul: Soothe your soul, expand your imagination, and paint your way to colorful, creative expression German Shepherd Coloring Book Vol 12: Adult Coloring Book that Will soothe Your Soul German Shepherd Coloring Book Vol 4: Adult Coloring Book that Will soothe Your Soul Mock Meat: 50 Vegan Meat Substitute Recipes to Soothe the Carnivores Within & Around You - Mock Chicken, Mock Beef, Mock Pork, Mock Fish, and More! (Veganized Recipes Book 6) The Low-FODMAP Diet for Beginners: A 7-Day Plan to Beat Bloat and Soothe Your Gut with Recipes for Fast IBS Relief Psoriasis Relief Subliminal Affirmations: Soothe

Itchy Skin & Rash Treatments, Solfeggio Tones, Binaural Beats, Self Help Meditation Hypnosis
Food Truths from Farm to Table: 25 Surprising Ways to Shop & Eat without Guilt 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) Babushka: Russian Recipes from a Real Russian Grandma: Real Russian Food & Ukrainian Food (Russian food, Russian recipes, Ukrainian food, Polish recipes) Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)