



Mindful Emotional Eating: Mindfulness Skills to Control Cravings, Eat in Moderation and Optimize Coping

Pavel Somov PhD

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Help your clients achieve exactly what they want when it comes to emotional eating... .

-you can eat to cope

-you can learn to use food on occasion to feel better

-you can feel in control (and have a treat)

-you don't have to feel bad or guilty about emotional eating to be healthy

In his new book, *Mindful Emotional Eating*, psychologist Pavel Somov has given a "cultural permission" to eat emotionally—with mindfulness—based tools to do so in moderation and without self-judgment and self-loathing. Somov proposes that emotional eating is a legitimate form of self-care and teaches clients and clinicians how to "leverage more coping per calorie." Numerous original exercises and meditative techniques will guide a more conscious alliance with food during moments of emotional distress.

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Jules Thompson:

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Mohammed Thomas:

Spent a free time for you to be fun activity to accomplish! A lot of people spent their sparetime with their family, or all their friends. Usually they carrying out activity like watching television, going to beach, or picnic from the park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your personal free time/ holiday? May be reading a book might be option to fill your totally free time/ holiday. The first thing you will ask may be what kinds of book that you should read. If you want to consider look for book, may be the reserve untitled Mindful Emotional Eating: Mindfulness Skills to Control Cravings, Eat in Moderation and Optimize Coping can be very good book to read. May be it may be best activity to you.

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