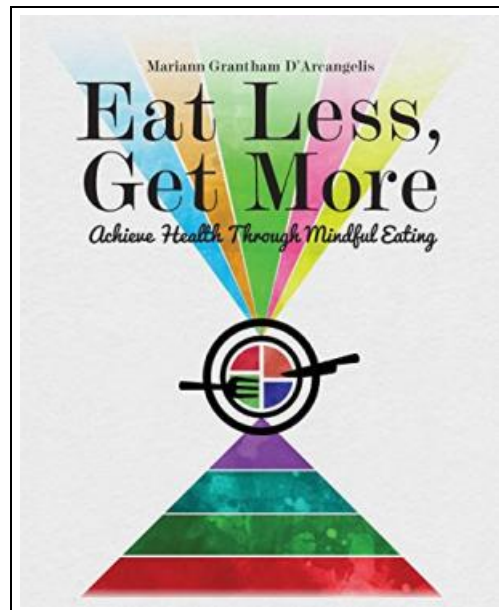


## Eat Less, Get More: Achieve Health Through Mindful Eating (Paperback)



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Foo Dog Press, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Eat Less, Get More: Achieve Health Through Mindful Eating seeks to help people improve their relationship with food. The book suggests a well-paced schedule of ways to set and achieve diet and exercise goals. Mariann Grantham D Arcangelis also adds an important element: mindfulness. By using mindful eating, that is, being aware of how you feel before, during, and after eating, Mariann encourages her readers to feel better about how they eat. Mariann references Charles Duhigg, who wrote The Power of Habit. Using some of his findings, Mariann informs her readers that each new habit they choose to build takes at least three-to-four weeks. While the book is structured by a week per chapter, Mariann encourages her readers to go at their own pace and progress as much as they want. To measure progress, she has workbooks. In addition to classics such as calorie counting and food journaling, Mariann encourages her readers to keep a habit journal to figure out not just what they eat but when they eat it (absolutely critical when it comes to breaking a habit, such as regularly getting candy bars from the vending machine or eating too much in front of the TV). Readers will be guided through tips on counting calories, food journaling, and exercise, but also meditation and mindfulness exercises. One unique feature of Mariann s book is the chapter on maintenance. Many diet books don t tell you how to transition back to every day eating. Mariann reminds her readers that calorie restrictions are meant to be temporary. Finding an ideal calorie intake is tricky, but Mariann gives simple tips and instructions for keeping up your fitness goals. Mindful eating is a habit that...



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