

Download A Mindful Diet Four Weeks To Eating Awareness

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MINDFULNESS AND ACCEPTANCE IN THE TREATMENT OF DISORDERED EATING Ruth A. Baer Sarah Fischer Debra B. Huss University of Kentucky, USA ABSTRACT: Mindfulness and acceptance-based approaches to the treatment of clinical problems are accruing substantial empirical support. Overeating is a problem almost everyone who loses weight faces at some point. Use these 10 methods to get back on track after an unplanned binge. Mindfulness-based stress reduction (MBSR) is an eight-week evidence-based program that offers secular, intensive mindfulness training to assist people with stress, anxiety, depression and pain. It is a practical approach which trains attention, allowing people to cultivate awareness and therefore enabling them to have more choice and take wise action in their lives. Whether you're looking to mindfulness as a way to help yourself, your children, or your clients, and whether you're looking for the written word, recorded audio books or even free PDFs, there should be something here for you.. This article is meant to be an extremely wide-ranging collection of books relating to mindfulness, so go ahead and dive in.