



50 Ways to Soothe Yourself Without Food

By Susan Albers

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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!

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Editorial Review

Review

"A thoughtful volume filled with practical solutions for emotional eaters everywhere."

—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."

—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."

—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 Albers'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."

—Amy Weintraub, author of *Yoga for Depression* and director of the LifeForce Yoga Healing Institute

From the Publisher

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.

About the Author

Susan Albers, PsyD, is a psychologist at the Cleveland Clinic who specializes in eating issues, weight loss, body image concerns, and mindfulness. Albers conducts mindful eating workshops across the country, and is a frequent keynote speaker. She is author of seven mindful eating books, including the *New York Times* bestseller *Eat Q*; *50 Ways to Soothe Yourself Without Food*; *But I Deserve This Chocolate!*; *Eating Mindfully*; *Eat, Drink, and Be Mindful*; and *Mindful Eating 101*. Her work has been featured in *O, Family Circle*, *Shape*, *Prevention*, *Self*, *Health*, *Fitness*, *Vanity Fair*, *Natural Health*, and *The Wall Street Journal*.

She has been a guest on *The Dr. Oz Show*, and is also a contributor to *The Huffington Post* and *Psychology Today*.

Get inspired to start eating more mindfully today!

For a **free download** of the 20 best motivational quotes, visit <http://www.eatingmindfully.com/motivation>.

Users Review

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Jennifer Pittman:

What do you in relation to book? It is not important together with you? Or just adding material when you want something to explain what the ones you have problem? How about your extra time? Or are you busy particular person? If you don't have spare time to try and do others business, it is gives you the sense of being bored faster. And you have free time? What did you do? Everyone has many questions above. The doctor has to answer that question since just their can do that. It said that about guide. Book is familiar on every person. Yes, it is right. Because start from on guardería until university need that 50 Ways to Soothe Yourself Without Food to read.

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Mamie Salinas:

A lot of people always spent their particular free time to vacation or maybe go to the outside with them family or their friend. Were you aware? Many a lot of people spent these people free time just watching TV, as well as playing video games all day long. If you need to try to find a new activity here is look different you can read any book. It is really fun for you personally. If you enjoy the book you read you can spent all day long to reading a publication. The book 50 Ways to Soothe Yourself Without Food it is very good to read. There are a lot of people that recommended this book. They were enjoying reading this book. In the event you did not have enough space to create this book you can buy the particular e-book. You can m0ore easily to read this book from a smart phone. The price is not to cover but this book features high quality.

Timothy Wingo:

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