

USING MINDFULNESS TO LOSE WEIGHT AND
END THE STRUGGLE WITH FOOD



The Joy of Half a Cookie

A science-based program to help you:

- *Forget willpower, guilt, and deprivation*
- *Love every bite*
- *Tap into your body's fullness signals*

Jean Kristeller, PhD

*Creator of Mindfulness-Based Eating Awareness Training
and cofounder of the Center for Mindful Eating*

with Alisa Bowman

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