

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

Online Joy Half Cookie Mindfulness Struggle

G Thomas



Online Joy Half Cookie Mindfulness Struggle:

The Joy of Half a Cookie Jean Kristeller, Alisa Bowman, 2015-12-29 Anyone who's tried to lose weight through sheer willpower knows how difficult if not impossible it can be. In this practical and paradigm shifting book Dr. Jean Kristeller presents a new alternative program for weight loss based on her successful Mindfulness Based Eating Awareness Training Program. Instead of frustration, deprivation, backsliding, guilt, and a lack of results, *The Joy of Half a Cookie* provides simple, proven ways to lose weight and keep it off using what we now know about the power of the mind. The first book to bring mindfulness to the dieting space in a truly accessible and mainstream way, *The Joy of Half a Cookie* will show readers how to lose weight while ditching willpower, guilt, and cravings, loving every bite including favorite and previously forbidden foods, tapping into the body's satiety signals. Written for anyone who wants to lose weight, not just the meditation and yoga crowd, this accessible book delivers a proven way to find peace of mind and a healthier relationship with food for life. *Freiheit durch Intuition Befreie Dich von Diäten und finde Deinen eigenen Weg zum Essen* Jessica Ende, 2023-08-29 Mit diesem Buch möchte ich Dir helfen, dem Diäten Wahnsinn auf Wiedersehen zu sagen zu können und Dir helfen zu einem normalen und gesundem Essverhalten zu finden. Ich behaupte nicht, das Rad neu erfunden zu haben, aber ich kann Dir dadurch das ich selbst in dem Hamsterrad der Essstörung Gefangen war, Helfen einen Weg zu finden. Der Dir Hilft. *Los Angeles Magazine*, 2003-11 *Los Angeles Magazine* is a regional magazine of national stature. Our combination of award-winning feature writing, investigative reporting, service journalism, and design covers the people, lifestyle, culture, entertainment, fashion, art, and architecture and news that define Southern California. Started in the spring of 1961, *Los Angeles Magazine* has been addressing the needs and interests of our region for 48 years. The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian. *Los Angeles Magazine*, 2000-12 *Los Angeles Magazine* is a regional magazine of national stature. Our combination of award-winning feature writing, investigative reporting, service journalism, and design covers the people, lifestyle, culture, entertainment, fashion, art, and architecture and news that define Southern California. Started in the spring of 1961, *Los Angeles Magazine* has been addressing the needs and interests of our region for 48 years. The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian.

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