



## 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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# 50 Ways to Soothe Yourself Without Food

*By Susan Albers*

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## 50 Ways to Soothe Yourself Without Food By Susan Albers Bibliography

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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**

### **From reader reviews:**

#### **Traci Farris:**

Information is provisions for those to get better life, information nowadays can get by anyone from everywhere. The information can be a information or any news even a problem. What people must be consider when those information which is within the former life are difficult to be find than now's taking seriously which one is acceptable to believe or which one the particular resource are convinced. If you find the unstable resource then you obtain it as your main information it will have huge disadvantage for you. All those possibilities will not happen with you if you take 50 Ways to Soothe Yourself Without Food as your daily resource information.

#### **Ollie Nadeau:**

Hey guys, do you desires to finds a new book to see? May be the book with the concept 50 Ways to Soothe Yourself Without Food suitable to you? Often the book was written by popular writer in this era. The book untitled 50 Ways to Soothe Yourself Without Food is a single of several books this everyone read now. That book was inspired a lot of people in the world. When you read this publication you will enter the new shape that you ever know before. The author explained their strategy in the simple way, so all of people can easily to know the core of this publication. This book will give you a lot of information about this world now. In order to see the represented of the world in this particular book.

#### **Orville Hightower:**

The e-book untitled 50 Ways to Soothe Yourself Without Food is the guide that recommended to you to learn. You can see the quality of the publication content that will be shown to you actually. The language that publisher use to explained their ideas are easily to understand. The author was did a lot of study when write the book, hence the information that they share for your requirements is absolutely accurate. You also might get the e-book of 50 Ways to Soothe Yourself Without Food from the publisher to make you a lot more enjoy free time.

#### **Robin Bone:**

Playing with family in a park, coming to see the water world or hanging out with close friends is thing that usually you could have done when you have spare time, in that case why you don't try point that really opposite from that. Just one activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love 50 Ways to Soothe

Yourself Without Food, you may enjoy both. It is great combination right, you still wish to miss it? What kind of hang-out type is it? Oh occur its mind hangout guys. What? Still don't buy it, oh come on its identified as reading friends.

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