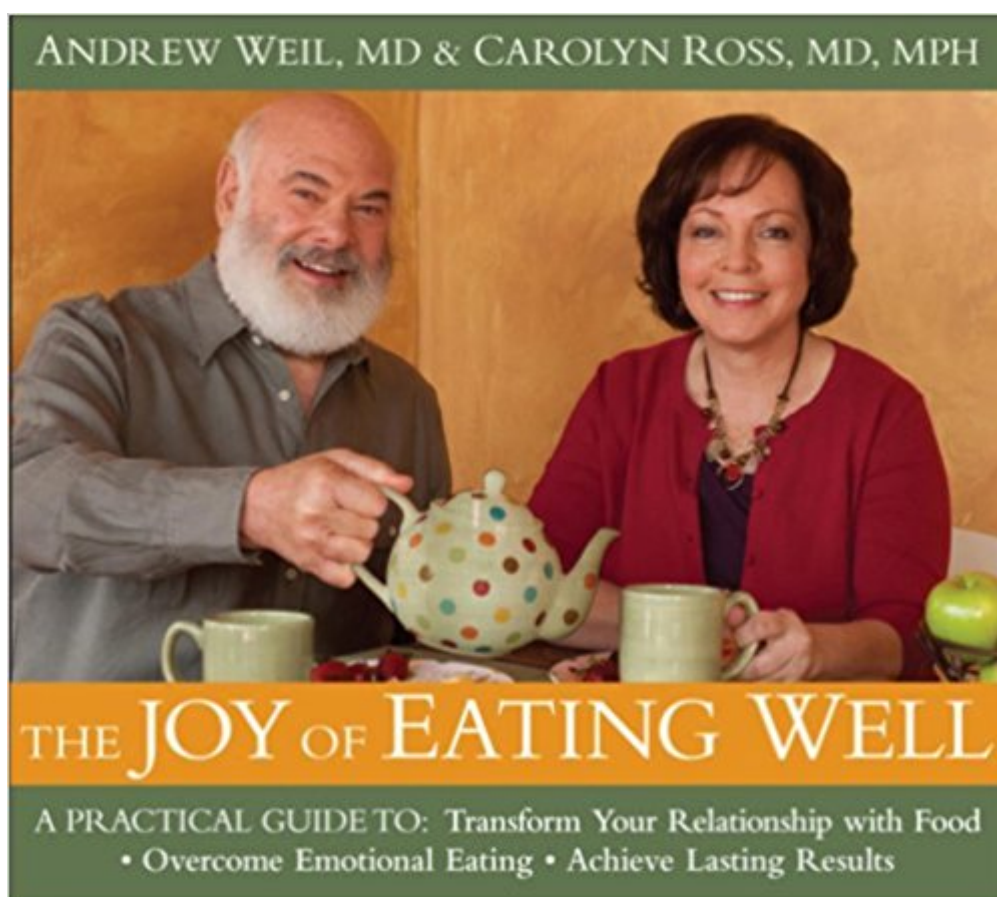


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# The Joy Of Eating Well: A Practical Guide To- Transform Your Relationship With Food- Overcome Emotional Eating- Achieve Lasting Results



## Synopsis

Health first, then weight. This is part of the liberating new approach to managing our patterns of eating developed by integrative medicine pioneer Dr. Andrew Weil and Dr. Carolyn Ross. *The Joy of Eating Well* presents their revolutionary program for transforming your relationship with food and fostering harmony in the mind and spirit through greater self-awareness and body acceptance. This richly informative two-session course of practical teachings, actionable advice, and exercises explores: Dr. Weil's insights about optimal nutrition, cultural influences on our eating patterns, and an integrative view of eating well including his anti-inflammatory diet The five levels of healing our relationship with food, from behaviors and emotions to core beliefs and the needs of the recognition of the soul Dr. Ross SIMPLE Plan a five-point system for managing meals plus tips for making lifestyle changes that support your goals Seven guided practices with Dr. Ross including Mindful Eating, The Awakened Body Process, and The Future Self Meditation There is considerable misconception about food that tastes good being incompatible with food that is good for you. With *The Joy of Eating Well*, now you have a much-needed resource for honoring the body and spirit while moving toward your healthy weight.

## Book Information

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## Customer Reviews

Andrew Weil, one of America's best known advocates of alternative medicine and holistic healing, attended Harvard Medical School. He has worked for the National Institute of Mental Health and the Harvard Botanical Museum. He is the founder of the Program in Integrative Medicine at the University of Arizona Health Sciences Center and Associate Director of the Division of Social

Perspectives in Medicine, University of Arizona. Weil's books include Spontaneous Healing and Natural Health and Eight Weeks to Optimum Health.

I saw no reviews for this so borrowed from the library to determine if a purchase made sense. I am surprised by a few things: While the audio format makes sense, going with CD \*only\* in 2011 seems very behind the times. Maybe they were targeting an older market? Seems more like the kind of tool you might want on an iPhone than a CD player (if you still have one of those!). The CD's are split into two: An Intro and one where Dr. Weil talks primarily about healthy eating in general, the science, the pleasure, the economics, etc. I found that his discussion was very compelling, never condescending, and made me feel full of hope and excitement for nourishing foods without the restrictions of a "diet". The second part is Dr. Ross leading you through exercises to address binge eating behaviors. While I found these helpful and somewhat insightful (I was surprised by how many interesting food memories her exercises uncovered), they are a bit "woo woo". To be sure, she is sincere, kind, committed to helping, and has a lovely, compassionate voice but still a bit "woo woo". That is not to say it is not effective or not effective in most but I was a bit bored. I did like her points about mindful eating and her suggesting you ask ""What needs nourishing - my body or my spirit?" but I am simply not someone to visualize myself lying on the beach listening to waves easily. I also found it a bit confusing. She talks about your "hook" but even after the full exercise, I was unsure if a hook is what precipitates binge eating, what you have used in the past to deal with tough life moments, or the past tough life moments themselves. Ultimately after sleeping on it, I decided my "hook" was that wonderful moment when my son wraps his arms around me and says, "I love you mom" and that (even if erroneous) is \*very powerful". I think almost all binge eaters will get something out of this CD. For myself, it was the science and reassurance that there are others with this bizarre problem (which as Dr. Weil points out has an evolutionary basis). For others, it may be the exercises themselves. The authors know their stuff and want to help you enjoy food and achieve healthy eating behaviors.

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Beyond Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight loss, Eat Clean Diet Book Getting Over Overeating for Teens: A Workbook to Transform Your Relationship with Food Using CBT, Mindfulness, and Intuitive Eating (An Instant Help Book for Teens) Food Truck Business: How To Start Your Own Food Truck While Growing & Succeeding As Your Own Boss (Food Truck, Food Truck Business, Passive Income, Food ... Truck Startup, Food Truck Business Plan,) Overcome Relationship Repetition Syndrome: Why We Continually Repeat Toxic Relationship Patterns How to Stop Being Insecure: Learn How to Overcome Emotional and Relationship Insecurity Emotional Abuse:: The Hidden War for Power and Control in Your Relationship (Healing Emotional Abuse Book 1) Eating in the Light of the Moon: How Women Can Transform Their Relationship with Food Through Myths, Metaphors, and Storytelling Emotional Intelligence: 3 Manuscripts - Emotional Intelligence Definitive Guide, Mastery, Complete Step by Step Guide (Social Engineering, Leadership, ... (Emotional Intelligence Series Book 4) Emotional Eating Books: 10 steps to control emotional eating & lose weight (NLP) Emotional Intelligence: How to Increase EQ, Interpersonal Skills, Communication Skills and Achieve Success (emotional intelligence, emotions, how to read ... problem solving, communication Book 3) Systems Thinking For Social Change: A Practical Guide to Solving Complex Problems, Avoiding Unintended Consequences, and Achieving Lasting Results End Emotional Eating: Using Dialectical Behavior Therapy Skills to Cope with Difficult Emotions and Develop a Healthy Relationship to Food Binge Eating Cure: Overcome Food Addictions & Rid Your Life of Eating Disorders, Volume 1 Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook, Whole Food Recipes, Clean Eating, Paleo, Ketogenic) The Detrimental Effects of Emotional Abuse: How Emotional Abuse and Emotional Elder Abuse Destroy Us All Your First Year in Network Marketing: Overcome Your Fears, Experience Success, and Achieve Your Dreams!

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