



Eat What You Love, Love What You Eat for Students

Michelle May M.D.

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Mindful Eating for Students

- Do you love to eat?
- Do you obsess about everything you eat?
- Do you feel guilty when you eat certain foods?
- Do you eat while you're studying or watching TV?
- Do you eat fast?
- Do you feel stuffed after eating?
- Do you eat when you're stressed, bored, or one of a hundred other reasons?
- Do you use exercise to earn the right to eat?

Have you forgotten that the purpose of eating is to fuel your life?

Eat What You Love, Love What You Eat for Students will help you discover how to eat mindfully, enjoying every aspect of the experience. You'll learn to eat the foods you love fearlessly, without guilt or overeating. You'll learn how to trust your natural ability to eat the right amount of food and meet your other needs in more fulfilling ways. Most important, you'll learn a lifelong method for making decisions about eating that frees your energy to live the vibrant life you crave!

Mindful Eating for College and University Campuses

Eat What You Love, Love What You Eat for Students is the text book for the Am I Hungry? Mindful Eating course on college and university campuses; Instructor Training is available.

Mindful eating is an ancient practice with profound applications for preventing and resolving common eating challenges in a modern food-abundant environment. Introducing young adults to mindful eating as they establish independence and/or begin their careers in health and wellness professions will have a huge impact on their personal lives and the lives of those they interact with in the future!

The Mindful Eating for Students course, adapted from the Am I Hungry? Mindful Eating Program, provides students with a flexible, non-diet, mindfulness-based approach to eating, physical activity, and self-care. During the class, students will explore the six crucial decision points in the Mindful Eating Cycle and develop sustainable skills for effective lifestyle management that they can apply personally and professionally.



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From reader reviews:

Roxanne Jimenez:

The actual book Eat What You Love, Love What You Eat for Students will bring one to the new experience of reading some sort of book. The author style to elucidate the idea is very unique. In the event you try to find new book to learn, this book very acceptable to you. The book Eat What You Love, Love What You Eat for Students is much recommended to you to see. You can also get the e-book from the official web site, so you can more readily to read the book.

Thomas Stewart:

Spent a free time for you to be fun activity to try and do! A lot of people spent their down time with their family, or their very own friends. Usually they undertaking activity like watching television, likely to beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? Could possibly be reading a book is usually option to fill your totally free time/ holiday. The first thing that you will ask may be what kinds of e-book that you should read. If you want to test look for book, may be the guide untitled Eat What You Love, Love What You Eat for Students can be excellent book to read. May be it could be best activity to you.

Carlos Pollard:

Often the book Eat What You Love, Love What You Eat for Students has a lot details on it. So when you check out this book you can get a lot of profit. The book was published by the very famous author. The author makes some research just before write this book. This kind of book very easy to read you will get the point easily after looking over this book.

George Chadwick:

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