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Mindful and Mindless Eating: Guided Meditations to Become Lighter with Food

Robin Maynard-Dobbs

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This CD has seven tracks to support listeners in their desire to eat more consciously, diminish self-judgment, and treat themselves with loving respect. Included is an introduction to the Aware Eating approach and 3 key questions to ask yourself before you eat. Next is a grounding meditation for deep relaxation. A mindful eating process leads you to becoming fully present in savoring the delicious flavors and textures of your food. For those times when you feel out of control with food, a guided process channels the panic frenzy of a binge and leads you towards self discovery. There is a special track for when you eat in your car plus positive statements to set your intention towards health and vitality. With original background music.

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