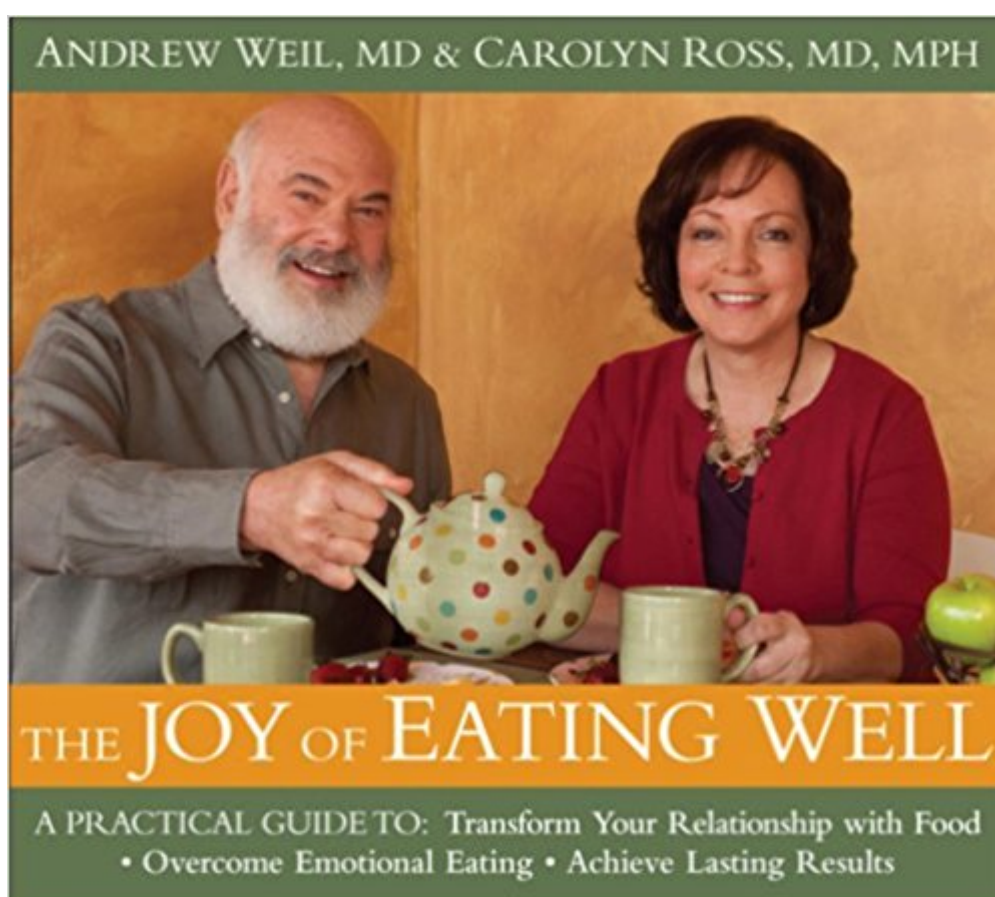


The book was found

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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