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By Sarah Brooks .pdf**

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Blog by Michelle May, M.D., founder of Am I Hungry? Mindful Eating Workshops and Facilitator Training Program and author of Eat What You Love, Love What You Eat: How

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have a program called EAT WELL LIVE WELL and i'm one of the ambassadors leading this and our kickoff is in april. your mindful eating, mindful life is quite

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Menu A: Mindful Eating Pay attention to what drives you to eat. Notice the influence of each of the five senses in decisions. For example,

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The Mindful Eating Toolkit by Dr. Susan Albers is based on her 10 years of experience as a clinical pshychologist helping people reach their mindful eating goals.

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Several studies have shown that mindful eating strategies might help with weight loss. Applied to eating, mindfulness includes noticing the colors, smells,

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