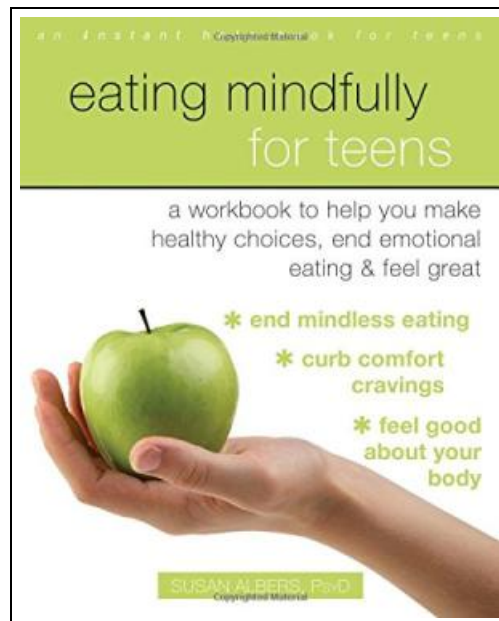


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New Harbinger Publications, United States, 2018. Paperback. Condition: New. Language: English . Brand New Book. Turn mindless eating habits into mindful eating habits! In this breakthrough workbook, Susan Albers--author of *Eating Mindfully* and the New York Times bestseller, *Eat Q*--offers powerful mindfulness-based activities and skills to help you stop overeating. Do you zone out while eating? You're not alone! It's easy to polish off a bag of chips or a giant bowl of popcorn while marathon-streaming your favorite TV show. And while indulging here and there certainly won't hurt you, mindless eating can become a harmful habit in the long run--leading to obesity, health problems, and negative body image. So, how can you start making healthier food choices? Using the same highly effective approach as the breakthrough book *Eating Mindfully*, *The Eating Mindfully Workbook for Teens* will show you how to deal with the day-to-day challenges of making healthy decisions about food. Instead of resorting to fad diets, you'll learn how to avoid overeating in the first place, be more aware of your body, and really enjoy meals--instead of just popping food in your mouth without thinking. It's not easy to make smart food choices in our fast-paced, fast food culture. This workbook can help guide you, one bite at a time. Teens need mental health resources more than ever. With over 1.2 million copies sold worldwide, Instant Help Books for teens are engaging, proven-effective, and recommended by therapists.



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