



# 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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