



# **Eat, Drink, and Be Mindful: How to End Your Struggle with Mindless Eating and Start Savoring Food with Intention and Joy**

*Susan Albers*

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**Eat, Drink, and Be Mindful** is a new tool for dealing with the age-old problem of mindless overeating. The author currently uses this workbook with clients in her Mindful Eating Support Groups. The book is a collection of more than seventy worksheets she has created. The workbook is organized around the seven skills of mindful-eater-awareness: observing, being in-the-moment, acceptance, letting go, non-judgment, and mindfulness of the environment. Each worksheet is one to two pages. This concise, easy-to-use guide is great for introducing people to mindful eating. More advanced mindful eaters love the journal format. It is also a helpful tool for therapists to use with their clients.

Fans of **Eating Mindfully**, yo-yo dieters, dietitians, therapists, and doctors would be primary and secondary markets for this book. The workbook combines the ancient wisdom of mindfulness meditation techniques with cognitive behavior skills and cutting edge approaches to implementing and sustaining lasting change. In her first book, Albers, a psychologist and mindful eating expert, reveals how overeating or chaotic eating can be improved with mindful eating techniques.

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