

Mindful Eating Workshop



A Starter Kit of Resources to Explore

A few books...

- Albers, S. (2012). *Eating mindfully: How to end mindless eating and enjoy a balanced relationship with food.* 2nd Edition.
- Albers, S. (2008). *Eat, drink and be mindful. How to end your struggle with mindless eating and start savoring food with intention and joy.*
- Chozen Bays, J. (2008). *Mindful eating. A guide to rediscovering a healthy and joyful relationship with food.*
- May, M. (2009). *Eat what you love, love what you eat. How to break your eat-repent-repeat cycle.*

A Starter Kit of Resources to Explore *cont'd*

A few articles...

- Hammond, M. (2007, Fall). **Ways dieticians are incorporating mindfulness and mindful eating into nutrition counseling** *The Digest*. http://www.tcme.org/documents/PH_Fall2007_Final.pdf.
- **Stress Reduction and Mindful Eating Curb Weight Gain Among Overweight Women:** <http://www.ucsf.edu/news/2011/12/11091/stress-reduction-and-mindful-eating-curb-weight-gain-among-overweight-women>
- Kristeller, J.L., & Wolever, R.Q. (2011). **Mindfulness-Based Eating Awareness Training for Treating Binge Eating Disorder: The conceptual Foundation** *Eating Disorders*, http://www.indstate.edu/psychology/docs/clinical_faculty/Kristeller_Wolever_ED_Conceptual_Paper.pdf
- Framson, C., Kristal, A.R., Schenk, J.M., Littman, A.j., Zeliadt, S., & Benitez, D. (2009, August). **Development and validation of the mindful eating questionnaire**, *Journal of the American Dietetic Association* <http://www.tcme.org/documents/DevelopmentofMindfulEatingQuestionnaire-ADA8-09.pdf>.

A Starter Kit of Resources to Explore *just a few more...*

A few websites Focused on Mindful Eating...

- Susan Albers' **Eat, Drink and Be Mindful Home Page:** <http://eatingmindfully.com/>
- Michele May's **Am I Hungry Home Page:** <http://AmIHungry.com>
- **The Center for Mindful Eating Home Page:** www.tcme.org

And if you want to learn more about the **mindfulness-based stress reduction practices** underpinning **Mindful Eating**, *explore these websites...*

- **Center for Mindfulness in Medicine, Health Care and Society, University of Massachusetts Medical School, Worcester, MA:** <http://www.umassmed.edu/content.aspx?id=41252>
- **Mindful Awareness Research Center
UCLA:** <http://marc.ucla.edu/>
- **Center for Mindfulness at UC San Diego:**
<http://health.ucsd.edu/specialties/psych/mindfulness/mbsr/Pages/default.aspx>