

Susan Albers, Psy.D.

AUTHOR OF *EAT, DRINK, AND BE MINDFUL*



About the Author

SUSAN ALBERS, PSY.D.

is a psychologist who specializes in eating issues, weight loss, body image concerns and mindfulness. She is a College of Wooster graduate and obtained her masters and doctorate degree from the University of Denver. Susan completed her APA internship at the University of Notre Dame in South Bend, Indiana and her post-doctoral fellowship at Stanford University in California. Dr. Albers conducts mindful eating workshops nationally and internationally.

Dr. Albers is the author of the best-selling books ***Eating Mindfully*** and ***Mindful Eating 101***. Her work has been quoted in *O, the Oprah Magazine*, *Family Circle*, *Self*, *Fitness Magazine*, *Natural Health*, and *the Wall Street Journal*. Susan is also an AOL Diet & Fitness Coach.

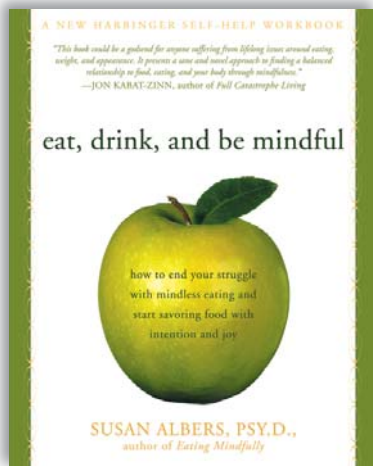
Susan has researched and worked with a number of individuals struggling with eating disorders, body image and self esteem issues. She has a special interest in college students with mild, moderate and severe eating disorders. In addition to eating issues, she has experience treating mood problems, relationship issues and sexual concerns. Dr. Albers has been part of several multidisciplinary eating disorder treatment teams. Also, she is a member of the Academy of Eating Disorders and the American Psychological Association, Cleveland Clinic Foundation, and National Eating Disorders Association

Susan enjoys spending time jogging and walking (she is a New York Marathon, Bolder Boulder 10K & the San Francisco half marathon finisher), traveling, and exploring other cultures.

WWW.EATINGMINDFULLY.COM

“This book could be a godsend for anyone suffering from lifelong issues around eating, weight, and appearance. It presents a sane and novel approach to finding a balanced relationship to food, eating, and your body through mindfulness.”

— Jon Kabat-Zinn
Author, *Full Catastrophe Living*



FOR AN INTERVIEW REQUEST *or*
MORE INFORMATION CONTACT:

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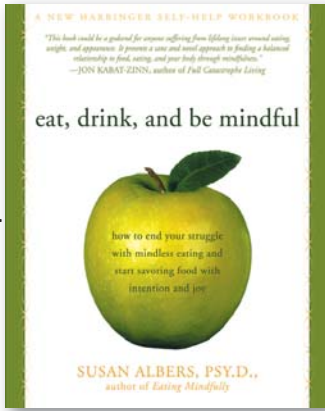
EAT, DRINK, AND BE MINDFUL

How to End Your Struggle with Mindless Eating
and Start Savoring Food with Intention and Joy
Susan Albers, Psy.D.

January 2009 / 978-1-57224-615-7 / \$19.95 / 8 x 10 / 200 pages



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EAT, DRINK, AND BE MINDFUL

How to End Your Struggle with Mindless Eating and Start Savoring Food with Intention and Joy

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About the Book

On any given day, 45 percent of American women and 25 percent of American men are on a diet.

By tomorrow, the majority will quit and fall back into old mindless eating habits. Community surveys have estimated that between 2 percent and 5 percent of Americans experience binge-eating disorder in a six-month period.

Eat, Drink, and Be Mindful: How to End Your Struggle with Mindless Eating and Start Savoring Food with Intention and Joy is a new tool for dealing with the age-old problem of mindless overeating. Susan Albers 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. This workbook is organized around the skills of mindful-eater-awareness:

- **observing**
- **being in the moment**
- **acceptance**
- **letting go**
- **non-judgment**
- **mindfulness of the environment**

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.

MINDFUL EATING TIPS

Acceptance Mantra

Breathe. As you inhale, say to yourself, “I allow it to be.” As you exhale, say, “Just as it is.”

Be Present

If your mind leaves, simply invite it to come back to the table. It hasn't been excused yet! You will be surprised at how much more conscious you are when you give eating 100 percent of your attention. If you want a snack, that is great – just stop what you are doing and be very present while you eat. Try turning off the TV and eliminating other distractions like the radio, which tend to increase the likelihood of mindless eating.

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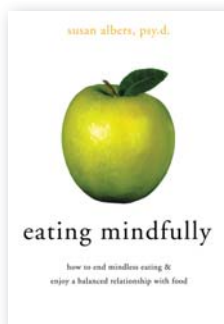
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also check out:

EATING MINDFULLY,

Dr. Albers' first book. It helps readers learn to develop a nonjudgmental, awareness and acceptance of themselves, their weight and eating habits. Through this unique awareness change naturally happens. The foundation of this book rests on the wisdom of Buddhist techniques for controlling their mind combined with cognitive behavioral skills and exercises created to foster mindfulness.



EATING MINDFULLY: How to End Mindless Eating & Enjoy a Balanced Relationship with Food
ISBN: 978-1-57224-350-7 • April 2003



Praise

"*Eat, Drink & be Mindful* will jumpstart your new journey to a healthier life. We each make over 200 Mindless Eating decisions each day. By using the tips, exercises, and checklists in *Eat, Drink & Be Mindful*, you can make many of these 200 decisions work for you rather than against you. Dr. Albers' insights and personalized approach will inspire change and lead to more balance in your food life and your daily living."

— BRIAN WANSINK, AUTHOR, *MINDLESS EATING: WHY WE EAT MORE THAN WE THINK*
PROFESSOR AND DIRECTOR – CORNELL UNIVERSITY FOOD AND BRAND LAB

"*Eat, Drink and be Mindful* is a must read for anyone who struggles with healthy eating in our fast past, weight obsessed society. Dr. Albers approach is kind, compassionate and a breath of fresh air. I will recommend this book to all my clients, graduate students, colleagues and friends in the hopes that someday we will live in a world where we all are at peace with our hunger."

— KATHLEEN BURNS KINGSBURY, LMHC, CPCC
PRESIDENT OF KBK CONNECTIONS, INC AND CO-AUTHOR OF *WEIGHT WISDOM*

"Whether or not you struggle with food or weight, this book is for you! *Eat, Drink, and Be Mindful* promises to make a real difference in people's lives. All will be nourished and touched by the wisdom it carries."

— JENNI SCHAEFER, AUTHOR OF "*LIFE WITHOUT ED: HOW ONE WOMAN DECLARED INDEPENDENCE FROM HER EATING DISORDER AND HOW YOU CAN TOO*"

"*Eat, Drink and be Mindful* is a compassionate, step-by-step workbook to help the diet-weary reader make peace with food, mind and body. You'll discover your inner eating expert (you!), while putting an end to the inner food fight, once and for all."

— EVELYN TRIBOLE, MS, RD, CO-AUTHOR OF *INTUITIVE EATING, 2ND ED*
NUTRITION THERAPIST IN PRIVATE PRACTICE IN NEWPORT BEACH, CALIFORNIA

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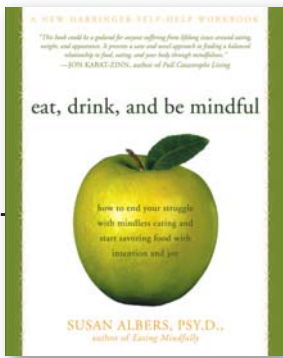
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SEVEN SKILLS OF MINDFUL EATING

- Awareness
- Observation
- Being in the Moment
- Being Mindful of the Environment
- Letting Go
- Nonjudgment
- Acceptance

THE FOUR FOUNDATIONS OF MINDFUL EATING

- Mindfulness of the Mind
- Mindfulness of the Body
- Mindfulness of Feelings
- Mindfulness of Thoughts

What is Mindful Eating?

Mindfulness, and more specifically mindful eating, isn't a new concept. In fact, it is centuries old and based on the Eastern concept of mindfulness or "pure awareness." If you are eating mindfully, you are aware and attentive to all dimensions of eating. It includes mindfulness of the mind, body, thoughts and feelings.

Mindful eating: is about being conscious of why you are eating. Are you hungry? Are you tired? Are you bored? There is no menu or recipes to follow. It's about learning HOW and WHY you eat, and less about WHAT you eat. When you are so closely in touch with what is going on inside, you know the exact moment you are satisfied rather than stuffed or starving. To understand the why, what, when and how we eat, we have to be compassionate and nonjudgmental. This allows us to take a closer look at our behavior.

Body Acceptance Affirmations

- I accept that my eating and weight concerns are creating emotional distress, discomfort, and suffering in my life.
- I choose to accept my body and weight as they are at this moment.
- Committing to accepting myself is a choice only I can make.
- I accept that body obsession clouds my awareness and thinking.
- I accept that my genetic inheritance strongly influences my body shape and weight.
- I accept how important it is for me to eat mindfully in order to live a healthy life.
- To accept my body and weight does not mean that I am judging them to be perfect.
- Acceptance only comes from within myself. I can't seek it from the outside.
- I accept that my worth is not reflected in my weight and shape, but, rather, my worth is determined by who I am as a whole person.
- Acceptance includes rejecting the cultural pressure to be perfect.

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