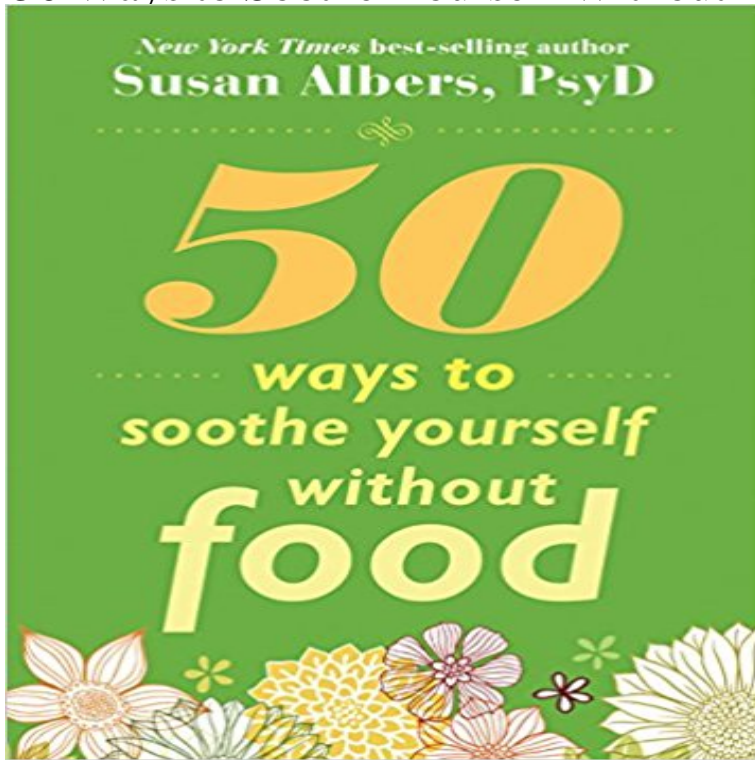


50 Ways to Soothe Yourself Without Food



Food has the power to temporarily alleviate stress and sadness, enhance joy, and bring us comfort when we need it most. Its no wonder experts estimate that 75 percent of overeating is triggered by our emotions, not physical hunger. The good news is you can instead soothe yourself through dozens of mindful activities that are healthy for both body and mind. Susan Albers, author of *Eating Mindfully*, now offers *50 Ways to Soothe Yourself Without Food*, a collection of mindfulness skills and practices for relaxing the body in times of stress and ending your dependence on eating as a means of coping with difficult emotions. You'll not only discover easy ways to soothe urges to overeat, you'll also learn how to differentiate emotion-driven hunger from healthy hunger. Reach for this book instead of the refrigerator next time you feel the urge to snack—these alternatives are just as satisfying!

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: 50 Ways to Soothe Yourself Without Food (Audible Oct 9, 2015 My main source for this topic is a book called 50 Ways to Soothe Yourself Without Food, written by a psychologist named Susan Albers. (Susan

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