



# **Press Pause Before You Eat: Say Good-bye to Mindless Eating and Hello to the Joys of Eating**

*Linda Mintle*

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## **For all the times you've said, "Why did I just eat that?"**

Say good-bye to one of the most overlooked areas of our relationship to food -- mindless eating. This groundbreaking book shines new light on why we eat along with practical, proven strategies to control our eating.

Does your busy schedule translate into eating on the run or skipping meals altogether? Is your life so filled with multitasking and on-the-go consumption that eating becomes a thing to do while doing other things? Dr. Linda knows that all too often such eating becomes a source of guilt and distress.

The more stressed we feel, the more food becomes a source of gratification and relief -- a numbing agent. *Dieting* treats only symptoms. "Unless people are coached to be intentional about their eating, they will continue to eat mindlessly and be part of the 90 to 95 percent of failed dieters," writes Dr. Linda. "A new approach is needed -- one that addresses the emotional, relational, and spiritual side of our relationship to food."

Food is not your enemy; it is something you can once again enjoy! Dr. Linda deals with the root causes of unintentional eating and restores your joy of eating. This is your practical guide to cultivating a healthy awareness of eating that attends to your body, soul, and spirit.

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