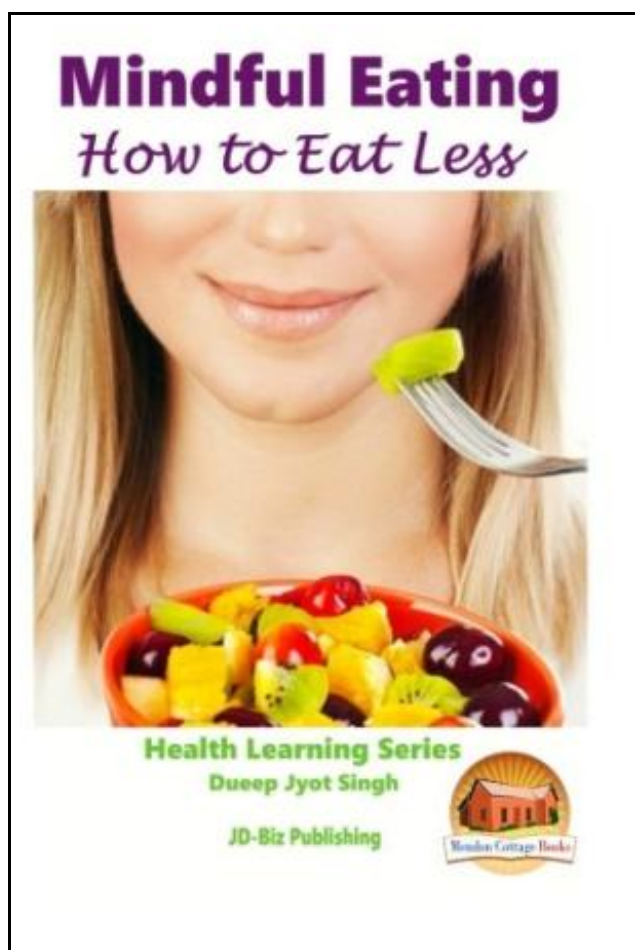


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Introduction Mindful Eating Chapter #1: What is Mindful Eating and What are the Benefits Overeaters Chapter #2: Types of Overeaters Chapter #3: Food Preferences for Different Overeaters Food Transit Time Chapter #4: Food Transit Time Chapter #5: Improving Your Food Transit Time Learning Tips and Tricks for Controlled Eating Chapter #6: Tips for Eating Mindfully Chapter #7: Five Tricks to Keep Your Stomach Happy for Hours Trick #1: Eat foods with a high water content Tip #2: Eat foods with high fiber content Tip #3: Add more proteins than starches to your diet Trick #4: Use smaller plates and bowls for eating and large glasses for drinking water Trick #5: End with tea Mindful Workout Chapter #8: Techniques/Exercises for Practicing a Mindful Workout Conclusion: References Author Bio Publisher Introduction With the revolution in cooking ingredients and networking, where we can easily share and make recipes of different states, countries, and continents just to satisfy our taste buds and have variety, there is no doubt we crave for something different every day. A new recipe, a new spice, or a new taste not only makes us crave for more, but results in mindless eating without even thinking how much harm the food will do to us and to our digestive system. The result of which has been obesity and a number of diseases. Beyond this, the researchers and nutritionists have been following some simple tips and tricks and exercises, which not only help us enjoy all the flavors of the food, but also help us in controlling our portion size and motivating us to eat in a proper manner. The following eBook helps...

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