



50 More Ways to Soothe Yourself Without Food: Mindfulness Strategies to Cope with Stress and End Emotional Eating

By Susan Albers

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In this much-anticipated follow-up to *50 Ways to Soothe Yourself Without Food*, renowned nutrition expert and *New York Times* best-selling author of *Eat Q*, Susan Albers delivers fifty *more* highly effective ways to help you soothe yourself without eating—leading to a healthier, happier life!

If you're an emotional overeater, you may turn to food to cope with stress and sadness, enhance joy, and bring a sense of comfort. But, over time, overeating can cause weight gain, heart disease, diabetes, and many other health problems. In *50 More Ways to Soothe Yourself Without Food*, you'll find fifty *more* mindful and healthy activities to help you replace your need to overeat.

Based in popular mindfulness practices, this book will show you how to slow down and be present during mealtime so that you end up making healthier choices. In addition, the activities in the book—such as yoga, aromatherapy, and breathing exercises—will help you gain a greater overall sense of well-being and appreciation for your body.

If you're ready to stop using food as an emotional crutch, and start feeling healthy, happy, and truly fulfilled, this book offers fifty *more* ways!

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Editorial Review

Review

“Albers has done it again! In her sequel to the amazing *50 Ways to Soothe Yourself Without Food*, readers will be thrilled with this practical, easy-to-follow road map for ending emotional eating. She leads you on a journey to find comfort without calories. *50 More Ways to Soothe Yourself Without Food* is packed with creative, unique, healthy, and lasting alternatives to munching away your emotions.”

—**Mark Hyman, MD**, director of the Cleveland Clinic Center for Functional Medicine and author of the #1 *New York Times* bestseller *The Blood Sugar Solution*

“*50 More Ways to Soothe Yourself Without Food* is a fantastic resource for anyone who has struggled with emotional, mindless, or chaotic eating. Susan Albers provides a collection of practical, science-based, and tried-and-true strategies for breaking unhealthy cycles and cultivating mindfulness. Written in an authoritative but supportive and encouraging voice, Susan provides wisdom, and the ability to find calm and comfort, while simultaneously developing a nourishing, enjoyable, and balanced relationship with food.”

—**Cynthia Sass, MPH, MA, RD, CSSD**, *New York Times* best-selling author, contributing nutrition editor for *HEALTH* magazine, and owner of Sass Consulting Services, Inc.

“Susan Albers does it again with *50 More Ways to Soothe Yourself Without Food*. With a friendly demeanor and can-do spirit, Albers successfully guides anyone who struggles with emotional eating—and who hasn’t?—to make realistic, sustainable changes in their diet and their life. Jam-packed with science-based advice and practical solutions, this book will prove to be an asset to anyone who wants to get healthier and happier.”

—**Elisa Zied, MS, RDN, CDN**, author of *Younger Next Week*

“Food—usually *unhealthy* food—often becomes a substitute for love or other emotional support. In her book *50 More Ways to Soothe Yourself Without Food*, esteemed author Susan Albers provides simple, effective strategies to break that addictive cycle and satisfy your emotional needs without food’s potentially destructive grip.”

—**JJ Virgin**, celebrity nutrition and fitness expert, and author of the *New York Times* bestsellers *The Virgin Diet* and *The Sugar Impact Diet*

“Why is it so hard to stop stress eating? Albers provides the key answers and reveals the root causes of emotional eating in her book *50 More Ways to Soothe Yourself Without Food*. This easy-to-read, fun, helpful guide will equip readers with the necessary tools to end emotional eating right now!”

—**Sara Gottfried, MD**, *New York Times* best-selling author of *The Hormone Reset Diet* and *The Hormone Cure*

“I’m a big fan of Susan Albers. This book goes far beyond giving you tips and tricks to soothe yourself to curb emotional eating. This book gives you the essentials to live a fuller, healthier, and happier life. Really love this book!”

—**Elisha Goldstein, PhD**, cofounder of the Center for Mindful Living and author of *Uncovering Happiness*

“Susan Albers’s book, *50 More Ways to Soothe Yourself Without Food*, is brilliant! If you know what to eat, but can’t manage to follow that advice, then you likely struggle with using food to soothe your stress. This very important book gives you practical and easy-to-follow tools to overcome emotional eating and optimize your health for a lifetime.”

—**Steven Masley, MD**, best-selling author of *The 30-Day Heart Tune-Up*

About the Author

Susan Albers, PsyD, is a psychologist at the Cleveland Clinic who specializes in eating issues, weight loss, body image concerns, and mindfulness. Albers conducts mindful eating workshops across the country, and is a frequent keynote speaker. She is author of seven mindful eating books, including the *New York Times* bestseller *Eat Q: 50 Ways to Soothe Yourself Without Food; But I Deserve This Chocolate!*; *Eating Mindfully*; *Eat, Drink, and Be Mindful*; and *Mindful Eating 101*. Her work has been featured in *O, Family Circle*, *Shape*, *Prevention*, *Self*, *Health*, *Fitness*, *Vanity Fair*, *Natural Health*, and *The Wall Street Journal*. She has been a guest on *The Dr. Oz Show*, and is also a contributor to *The Huffington Post* and *Psychology Today*.

Get inspired to start eating more mindfully today!

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Users Review

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Eric Alaniz:

Do you one among people who can't read satisfying if the sentence chained inside straightway, hold on guys this specific aren't like that. This *50 More Ways to Soothe Yourself Without Food: Mindfulness Strategies to Cope with Stress and End Emotional Eating* book is readable by simply you who hate the straight word style. You will find the information here are arrange for enjoyable looking at experience without leaving even decrease the knowledge that want to offer to you. The writer involving *50 More Ways to Soothe Yourself Without Food: Mindfulness Strategies to Cope with Stress and End Emotional Eating* content conveys thinking easily to understand by most people. The printed and e-book are not different in the articles but it just different available as it. So , do you nevertheless thinking *50 More Ways to Soothe Yourself Without Food: Mindfulness Strategies to Cope with Stress and End Emotional Eating* is not loveable to be your top checklist reading book?

Penny Laughlin:

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Jessica Hurst:

Playing with family within a park, coming to see the marine world or hanging out with good friends is thing that usually you have done when you have spare time, after that why you don't try thing that really opposite from that. One particular activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love 50 More Ways to Soothe Yourself Without Food: Mindfulness Strategies to Cope with Stress and End Emotional Eating, it is possible to enjoy both. It is fine combination right, you still desire to miss it? What kind of hang-out type is it? Oh occur its mind hangout fellas. What? Still don't understand it, oh come on its identified as reading friends.

Brandy Anderson:

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