

susan albers, psyd
foreword by lilian cheung, dsc, rd



eating mindfully

SECOND EDITION

how to end mindless eating &
enjoy a balanced relationship with food

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First printing

This book is dedicated to my favorite dining companions—
Brookie & Jack.

Author's Note

Shortly after I began working as a therapist, I became mindful of the enormous amount of suffering that hunger, weight, and eating issues cause. This book is my attempt to help prevent further suffering and to provide comfort to those already touched by it. For this reason, I dedicate this book to all those who are struggling to overcome mindless eating. *I wish you the best on your journey to a mindful relationship with food.*

Foreword

Food is essential to sustain our lives. Yet our relationship with food in the twenty-first century has become both complex and challenging.

Nutrition science has made major advances over the past thirty years, and we all know that what we choose to eat affects our health and that we can significantly reduce our risk of getting diabetes, high blood pressure, stroke, heart disease, and other debilitating diseases by making healthy food choices. Though nutrition advice in the media can be confusing at times, we are not lacking in science-based information on what to eat to maintain our health.

So, in the face of this broad understanding, the primary question becomes: why do so many people make food choices that can be damaging not only to their physical health but also to their emotional well-being? The answer lies in our surroundings.

We are living in what many call a “toxic food environment.” Sadly, many of us are not fully aware of just how toxic it is—and how it affects us. We are surrounded by supersized and super-processed foods and beverages that we can eat and drink almost anywhere: in the car, at the shopping mall, at our desks.

Scientists are investigating whether these highly processed foods can cause changes in our brains that lead us to devour far more food than our bodies need—a state that some call “conditioned hypereating.”

We also live in a toxic media environment. Through televisions, computers, smartphones, and other media, our senses are constantly bombarded with images and commercials driving us to eat more. The assault is unending. The result: we are conditioned to incessantly overeat, overriding our sense of fullness again and again. The media also perpetuates the ideal of thinness, leading us to be dissatisfied with our bodies. This pervasive uneasiness with our size and shape can lead to disordered eating and, potentially, to eating disorders.

Our hectic modern lives certainly don’t help us make wiser food choices. The pace of life was much slower before the arrival of the Internet. People did not expect us to reply to their letters within the same day. Nowadays, with e-mail as our major mode of communication, we are bombarded with correspondence with the expectation of a reply within hours, even minutes. Multitasking has become a way of life, and we rarely pay attention to what we eat, how we eat, why we eat what we eat, and how much we eat. In other words, we eat mindlessly.

Stress contributes to mindless eating, and this stress-eating connection is all the more worrisome because the United States is in the middle of a stress epidemic. The majority of Americans experience moderate to high levels of stress, and many people respond to stress by overeating or eating unhealthy foods. Stress adversely affects our whole being, including our immune and cardiovascular systems. It is also associated with depression and heart disease.

What's the culmination of all these societal conditions and trends? The obesity epidemic, with all of its dire health and economic consequences. In the United States, one out of three adults is obese. If the epidemic is not controlled, half of all adult Americans may be obese by 2030. Meanwhile, eating disorders and disordered weight control are common among our youth.

Why is this so alarming? Obesity affects every organ in our bodies. It increases the risks of diabetes, high blood pressure, stroke, heart disease, depression, and other major chronic diseases. Our health care system is already overwhelmed, and obesity may drive it to the breaking point. Furthermore, if we do not turn the obesity epidemic around, this generation of children may have shorter life spans than their parents. Eating disorders and disordered weight control behaviors can also have dire health consequences, such as heart and gastrointestinal problems, osteoporosis, psychiatric illness, substance use, and risk of premature death. As we are now beginning to learn, eating disorders and obesity share similar risk factors—among them dieting, media exposure, and body dissatisfaction—and these similarities are driving researchers to explore whether we can take a broader look at prevention.

What can be done to reverse the worrisome social trends? During the past few decades, public health experts have shifted to emphasize social responsibility for healthy eating. We need to foster healthy communities to ensure that healthy choices are easy choices for all. Yet we cannot ignore personal responsibility, for the simple fact is that what and how much people decide to eat determines their ultimate health status.

One promising solution to keep us on the healthy-eating and healthy-living track while reducing our stress is the practice

of mindfulness. Simply put, mindfulness means being completely aware of all that is within ourselves and around us, from moment to moment, without preconceived notions, using a beginner's mind. Mindfulness can be cultivated through meditative practice, and it can also be woven into our everyday lives and actions. People from all walks of life have practiced mindfulness for thousands of years as a way to maintain their health and well-being. Yet scientists have only recently shown increased interest in the effect of mindfulness on health. For example, the National Institutes of Health funded only three studies on mindfulness in 1999. In 2010, it funded over 100 studies. Areas of research include the effect of mindfulness practice on stress reduction, depression, hot flashes, addiction, irritable bowel syndrome, parenting, diabetes, cancer survival, disordered eating, and weight management.

There are ongoing studies suggesting that mindfulness practice can alter the way our brains function, and recent advances in neurobehavioral research support a new framework of weight management based on how brain processes affect eating behavior via the food reward system. This is especially challenging because we are living in an obesity-promoting environment with many opportunities for reinforcing food rewards. Increasingly, experts view mindfulness practice and training of the mind as important approaches that can help people deal with such environments, maintain their healthy weight, and have a healthy relationship with food.

Susan Albers recognized the importance of mindful eating decades ago when she was an exchange student in Japan. She was among the first to introduce the concept of mindful eating to the public when she released the first edition of *Eating*

Mindfully in 2003. Her book offers a lucid and compelling introduction to the essential concepts of mindful eating. And it offers concrete exercises that show us how to use mindfulness practice—namely, mindfulness of the mind itself, the body, our feelings, and our thoughts—to transform our uneasy relationship with food. We learn how to hear our inner “food critic,” how to sort out cravings of the heart from cravings of hunger, and how to break out of the routine of mindless eating. This second edition builds on her extensive experience working with patients and clients. It is a treasure for all of us.

—Lilian Cheung, DSc, RD

Coauthor, *Savor: Mindful Eating, Mindful Life*
Editorial Director, The Nutrition Source,
www.thenutritionsource.org,
Department of Nutrition, Harvard School
of Public Health

Introduction

How common and effortless it is to eat in an uncontrolled, unaware, *mindless* manner. If you've ever continued to snack when you were full, cut calories despite being hungry, or used guilt to guide your eating, you've experienced mindless eating firsthand. Let's face it. Deciding what to eat is not an easy task. It's so tricky that in the United States eating concerns and weight obsessions have reached epidemic proportions, with serious health, emotional, and economic consequences for a large part of the population. We desperately need something new to help us overcome these issues—and mindful eating might be the answer.

What is mindful eating? A few weeks ago, I discovered an excellent example of it, and the incident involves the best chocolate lava cake I've ever had. You might be wondering how dessert fits into a book about managing your weight and healthy eating. If you want to know the answer, keep reading. Mindful eating, as you will learn in this book, is eating more consciously so you can eat just enough to be satisfied—without eating too much or too little. It sounds simple, but if you've ever tried it, you know it's much easier said than done. Yet, it is an essential skill for managing your weight.

I was at one of my favorite restaurants, a tiny bistro with a menu that changes by season, with a good friend whose name also happens to be Susan. When the waitress arrived, Susan asked to hear the dessert special first. She was interested in the bistro's signature dessert, a warm chocolate fudge molten lava cake. Susan wanted to know, up front, whether the cake was still on the menu because it would impact what she ordered for dinner. If they offered the lava cake, she figured she'd order an appetizer and the cake, no entrée. If not, she'd skip dessert all together and just order an entrée. She said, "I'm going to *make* room, not *find* room." Knowing this dessert was on the menu helped her choose her meal wisely. She had plenty of room for dessert without feeling overly stuffed. The cake was warm and gooey, and the melted chocolate ran down it like a river.

In general, mindful eating is like this example—learning to eat the things you love in a sensible way. It's breaking old, mindless eating habits and closely gauging your appetite to eat just when you are hungry and stop when you are satisfied. This is a skill that helps you to get to a healthy weight. In this book, you will learn much more about how making simple changes like this can make a big difference to your weight and health.

You may also be wondering what turns an everyday activity like eating into such an overwhelming process. The answer to that question is, of course, a complex one. Throughout this book, we will return to that question with some answers. But the bottom line is this: to make smart, healthy eating choices, your body and mind work together to send you essential cues about what you need and want to eat. These cues give you information about *how much* and *what* to eat. The sensations and emotions that signal when you're full, famished, or just wanting to eat

something rich and delicious are a complex combination of bodily and emotional feelings. If you are attentive and responsive to these cues, your eating will be healthier and well regulated.

In this book, you will learn how mindlessness corrupts the way you eat a meal and how it manifests in a variety of eating problems. You will gain insight into why *mindfulness*, which is, of course, the opposite of *mindlessness*, can provide you with valuable skills to control the way you eat.

Welcome

Welcome to the second edition of *Eating Mindfully!* When *Eating Mindfully* was first published, it was among the first mindful eating resources available. Although there were authors and teachers beginning to buzz about mindfulness and its applications to daily life, at the time *Eating Mindfully* was pretty unique. The book examined eating struggles through a different lens—from a new blend of clinical psychology and the ancient wisdom of mindfulness. Having worked with many clients who struggle with eating issues, I wanted the first edition to be very practical and directly applicable to the very real issues people struggle with at the table. Back then, I was excited to apply what I knew of the healing properties of mindfulness to coping with eating problems. Mindfulness was beginning to be used as a treatment for numerous physical and emotional problems. But it had not yet been widely applied to eating. This has changed.

During the past few years, to my excitement, the interest in mindful eating has increased exponentially. It's been on the televised news, in magazines, discussed in newspapers, part of support groups, and embraced by celebrities. In part, mindful

eating has received attention due to new research. If you haven't heard of mindful eating yet, that's okay. This book will remedy that by teaching you the ins and outs of eating with awareness. Recently, the Dietary Guidelines Advisory Committee, a group of independent professionals that gives nutrition recommendations to the government, deemed mindful eating to be an effective tool for managing one's weight (see www.cnpp.usda.gov/dietaryguidelines.htm for the latest report). Despite this, unfortunately, many people still have not heard of mindful eating. Given our global concern over healthy eating, eating disorders, and the emotional and physical consequences of obesity, it would be helpful for everyone to know what mindful eating is and how to put it into practice. This book will help accomplish that goal.

What's New in This Book?

The purpose of the first edition was to explain how mindfulness skills could apply to all types of problematic eating. At that time, mindfulness was a new concept to many. Therefore, it was important to start with the basics. The book was written to be a solid introduction to mindful eating. You didn't need any previous knowledge or experience with this concept. However, for those who are familiar with mindful eating, it helped to organize the ideas. No matter where you were in your journey to mindful eating, the first edition could be helpful to you.

Ten years later, the second edition starts with answers to a few of the common questions readers ask most often. Almost all the tips from the previous book are included, and some of the sections have been edited to reflect my evolving understanding of mindfulness. I've also added a new type of mindless eater: the

occasional mindless eater. Mindful eating isn't just for problematic eaters or dieters. It's for everyone. Realistically, no one has *perfect* mindful eating. Many people try their best to eat healthfully but experience a bit of mindless eating now and then.

Part V is a completely new addition. It includes fast and easy ways to incorporate mindful eating into your life and is structured as a checklist—you can literally check off the tips as you learn to apply them to your eating regimen. Mindful eating doesn't have to take a lot of time or require radical changes. The new section contains 59 mindful eating tips to help you cope with emotional eating and teach you how to slow down when you eat. Plus you'll find mindful eating quotations that may help motivate you on your journey to mindfulness. There are also many new exercises in each section to help you to become a mindful eater. Finally, there are new resources for finding help and support.

What's Unique about This Book?

If you've read other books on mindful eating, you'll notice that there are several things that are truly unique about *Eating Mindfully*. First of all, this book is totally about you and for you. While I use some personal examples to help illustrate my points and share a bit about myself, this is *not* a book about my eating journey. I want the reader—you—only to be present with your own experience and to be focusing on what works for you. Second, I guarantee that many of the examples in this book will be familiar to you. That's because they are based on real-life struggles that come to my attention every day in my work as a practicing psychologist. The third characteristic that

distinguishes *Eating Mindfully* from similar books is that mine is based on the philosophy of mindfulness rather than corresponding spiritual aspects. This concept is based on mindfulness as a way of thinking and living. Being more mindful can help all aspects of your life, not just how you eat.

What Is Mindful Eating?

I used to have a habit of flopping down on the couch every night and watching TV with a huge bowl of pretzels or chips. I would mindlessly munch on my snacks. Halfway through the TV show, I'd suddenly realize that I'd eaten the whole thing! This is when I would get up and go for more. Now, I make sure that I taste each bite.

—Rachel

Among many other things, mindful eating includes feeling the texture of each potato chip on your fingers as you pick it up, and then tasting the salt when you put the chip on your tongue. It's being aware of and listening to the loud crunch of each bite, and the noise that the chewing makes in your head.

When you are eating the chips mindfully, you take note of their consistency against your tongue and the pressure of your teeth grinding together. You feel your saliva moistening the chips and filling the back of your throat, as the chewed food slides down. Mindful eating is feeling the food in your stomach and experiencing pleasure—or whatever you feel—from eating it. When you are watchful, you notice how your stomach expands and feels fuller while you are eating. You experience each bite

from start to finish. You slow down every aspect of the eating process to be fully aware of its different parts, and to feel connected to it.

This is only one small example of mindful eating, and many others are included throughout this book. The main message to keep in mind while you read on is that *the key to changing the way you eat is not to develop discipline over your fork but to master control of your mind*. You can do this by studying and understanding your thinking patterns, emotional moods, and various appetites, instead of allowing your old, habitual thoughts to be in control.

Mindful eating is ...

- Being aware of *how* you eat.
- Knowing your hunger and fullness cues.
- Sensing and savoring food—truly tasting it.
- Paying attention to the process of eating—for instance, noticing your hand picking up your fork.
- Understanding your emotional triggers—the feelings that urge you to eat or not eat.
- Eating to nourish your body and meet your hunger accurately.
- Adopting a mindful mind-set, one in which you don't judge yourself.
- Being present and aware of your appetite as it changes.
- Having a conscious awareness of your food choices.
- Being alert and observant to how you think about food.

eating mindfully

- Letting go of critical thoughts.
- Diligently heeding pre- and post-eating feelings.
- Acknowledging food for what it is rather than categorizing it as good or bad.
- Demonstrating compassion toward self and others.
- Accepting self and body as they are.

Mindless eating is ...

- Eating triggered by emotional rather than physical hunger.
- Eating routinely—done in habitual ways.
- Multitasking while eating (watching TV, driving, or talking while consuming food).
- Grazing on food.
- Skipping breakfast or other meals.
- Ignoring hunger and body cues (for example, a rumbling stomach or low energy).
- Continuing to eat despite feeling full.
- Eating everything on your plate regardless of the portion size, a.k.a. being a member of the Clean Plate Club.
- Following the motto “Live to Eat” rather than “Eat to Live.”
- Eating for comfort.

- Eating as if in a trance.
- Believing that you have little or no control.
- Allowing the shoulds and shouldn'ts to dominate food consumption.

Shifting Out of Autopilot Eating

At the heart of mindless eating are autopilot actions. Think for a moment about what it feels like to drive on autopilot—and then suddenly experience that wake-up moment when you realize that you've zoned out. It's the shift in consciousness that happens when you are abruptly aware that you've driven to work instead of home or missed your exit. Your hands turned the wheel and your foot pushed the pedal. However, your mind was elsewhere. This shows how easy it is to do even complex things, like driving, with no thought at all. If you can drive on autopilot, consider how effortless it is to eat in this mode. Just pick up your fork and eat. No thought involved.

Unfortunately, behaviors and thoughts that slip out of your awareness are bound to continue and take you places you do not intend to go. Aspects of yourself that are unhealthy can persist without you even knowing it. For example, you might say to yourself automatically, "Eight o'clock, time for a snack." Or whenever you sit down on the couch to watch TV, it's always with a bowl of ice cream. Or maybe you mechanically chomp on cereal right out of the box when you are stressed out. These mindless eating habits are like reflexes. You do them so automatically that eating can be like tying your shoe or brushing your teeth—something you do with little thought.

If you have mindless eating routines, they are going to remain exactly as they are, unless you first become aware of them. When eating habits are in your consciousness, you can begin to think of creative options to change them. You *can* find healthy ways to break out of your old routines.

To Be Mindful . . .

At this very moment while you are reading, you are getting your first taste of being mindful. To truly comprehend these chapters, you must shift out of autopilot and attend to the words before you. When you are mindful, you use all of your senses, not just your eyes, to read. You also notice and think about your reactions as you read. Most important, you welcome in what you are reading without judgment.

After the first edition of *Eating Mindfully*, I wrote a workbook to accompany it called *Eat, Drink, and Be Mindful*. I outlined seven skills that can help create a more mindful eater. You may want to keep these aspects of mindfulness in mind as you read this book.

- **Awareness:** Tune in to your senses. Notice. Taste. Smell. Look. Touch.
- **Observation:** See yourself from a distance, as if watching yourself in a movie. Observe the way you eat. Fast? Slow? Small bites? Handfuls at a time?
- **Being in the Moment:** Be in the present moment. When you eat, just eat. Don't worry about the past or the future. You can change only what you eat right now.

- **Letting Go:** Stop holding on tightly to thoughts and feelings that urge you to eat (or not eat). Learn how to let go of an urge or craving without necessarily having to respond to it.
- **Minding Your Environment:** Look around you. Notice what triggers you to eat. The presence of food? Commercials that advertise chocolate to soothe stress?
- **Being nonjudgmental:** Lose the criticism and guilty words. Instead, focus on talking compassionately and kindly to yourself. This will help you to be more honest with yourself about what and how much to eat. Be impartial. Just witness, don't judge.
- **Acceptance:** Be okay with things as they are. Stop fighting with your body and your eating. Instead, listen to your body.

Ten Common Questions about Mindful Eating

Readers have asked many wonderful questions during the past few years, like “I love ice cream. Can I still eat sweets mindfully?” and “What is the best way to start improving my eating habits?” Here are the ten most popular questions on the minds of readers, and their answers.

"If I Start Eating Mindfully, What Will Happen to My Weight? Will I Lose Weight?"

For many people, the answer is "Yes, it's likely that you will lose weight." But, more often than not, I say, "It depends." Let me explain in more detail. When you are engaged in mindless eating habits, you are not meeting your body's needs in some way. It might mean that you are eating portion sizes that are too large, which makes you gain weight. However, if you are dieting or restricting, you aren't getting enough calories or nutrients. This might mean that your body is struggling to maintain a healthy minimum weight.

The bottom line is that this book focuses on improving your eating habits. When you do so, the weight will generally take care of itself. You will notice that this book doesn't hammer in the message "You need to lose weight." The emphasis is more about being healthy than being thin or losing weight. This might mean getting more nutrients or taking better care of yourself. But weight loss can definitely happen as a result of mindful eating. Eating just the right amount needed to make your body function, without giving it too much excess, will allow your body to settle at your natural weight. Ask yourself, when was the last time your body seemed to be at a healthy place—in regard to your weight, health, and feeling good overall?

"Is 'Eating Mindfully' a Diet? What's Wrong with Dieting?"

It's likely that you've already read many diet books. Although this book is about helping you eat better and manage your weight, you may be relieved to find that it is not a new "fad diet." Fad diets, like the cabbage soup diet, no-sugar diet, and low-fat diet, come and go in popularity. Mindful eating is radically different. It's not about cutting out food groups or starving yourself. It is something you do for the long term rather than something you go "on" and "off."

Diets contain rules created for you; they are external pieces of advice. Mindful eating is tuning inward to use your intuitive wisdom to find what works for you. A diet may dictate, for example, that you can't eat sugar. But what happens when it is your birthday and your daughter makes you a birthday cake?

Having a meal plan created by a dietitian is different than a diet. A dietitian helps you develop a well-balanced menu. He or she tailors it to your body's needs rather than you trying to fit into the regulations of a particular diet. Having a professional help you choose healthy foods is a great idea.

Thus, dieting can be incredibly detrimental to your emotional, mental, and physical well-being. Diets can inhibit your ability to accurately decode your body's messages and feedback. The dieting lifestyle is akin to taking a knife and cutting the connection that is your body's only line of communication with your head.

"How Will Awareness Help Me Eat Better?"

Much overeating happens automatically. It can become so routine that you may not even be aware of it. When you start to become more mindful, you begin to see mindless behavior that you hadn't noticed before, like chewing on your fingernails. When someone—or even you, through mindful practice—draws your attention to your reflexive actions, you see it and can start changing the behavior. Similarly, if you aren't aware that you munch when you are nervous, you will stay stuck in this pattern. Awareness can help in the following ways:

- Mindfulness teaches you to be less reactive to stress. In turn, this helps you to reduce emotional eating. Just eliminating emotional eating can impact your weight and health immensely.
- When you are more in tune with your body, you stop eating when you are full and you eat more-realistic portion sizes.
- When you are more aware, you stop automatic behaviors, like picking or grazing on food, that unconsciously lead you to gain weight.
- You notice problematic thinking and feelings about food and how it impacts the way you eat (for example, dealing with guilt and cravings).

“How Does Mindfulness Help People With Different Kinds of Eating Issues?”

Intuitively, it makes sense that mindful eating is helpful to overeaters. It slows you down, makes you more aware of portion sizes, and helps you get out of the negative, automatic cycle with food. So how does it *also* help people who are undereating, or who are chaotic or emotional eaters?

In actuality, mindful eating has been used to treat a wide range of eating issues, from the inability to lose or gain weight to everything in between. There are three main ways that mindful eating works to resolve food-related problems and restore health:

- Mindful eating reconnects you with your body's signals. Whether you are overeating or undereating, you have lost track of your hunger and fullness. Mindful eating plugs you back into your body's cues so you know when to stop and start eating.
- Being mindful brings about better management of your emotions. Sometimes people restrict or overeat as a way to cope with negative feelings. Eating and not eating can distract you from your worries. When you have healthier ways of coping, such as mindful breathing and letting go of anxiety, you no longer manage your emotions through your food choices. You can tolerate your emotions, as uncomfortable as they may be, without pushing them away or stuffing them down with food.
- Mindfulness changes the way you think. Rather than *reacting* to food-related thoughts that urge you to

overeat, undereat, emotionally eat, et cetera, you *respond* to them. You can hear these thoughts without obeying them.

These are helpful skills for changing all kinds of eating behavior.

“How Did You Learn about Mindfulness?”

My very first contact with the word “*mindfulness*” happened when I was an exchange student in Japan, as a young adult. I lived with a host family in a little town near Osaka. My host family taught me many things that were unique to me at the time, including the value of being still and being present. While I was in Japan, they took me to many historical sites, including a Zen garden in Kyoto. It was here where I was first introduced to the word “*mindfulness*.” As we sat in the garden, my friends defined the word for me—because one thing that the Zen garden is intended to do is cultivate a sense of *mindfulness*. Although they described *mindfulness* in words, I remember very distinctly experiencing it. I shifted from being distracted in my mind to being totally present, sensing the experience to the fullest. After this, we went to other cultural places that brought about the same reaction. We read about *mindfulness* and discussed it.

That experience changed the way I lived. I learned how to be really in the moment instead of jumping into the future or ruminating in the past. Being truly present translated into being a focused student and learning how to listen. This skill has been invaluable in my relationships with friends and clients.

Fast-forward fifteen years. During graduate school, I learned a lot about eating problems when I worked at various colleges and for eating disorder programs. The word “mindfulness” had become an integral part of my vocabulary. I noticed that I repeatedly used the words “eat mindfully” with my clients. I began describing in detail what I meant by these words. Most people know that the word “mindful” means to be more aware—but this was a particular kind of awareness. I noticed that clients started to say things like “I ate dessert mindfully the other day.” It articulated the exact type of relationship many of them wanted to have with food. The objective wasn’t to correct overeating or eating too little. Instead, it was learning to eat with awareness—just the right amount.

“Is There Evidence That Mindful Eating Can Help Me?”

Yes! During the past twenty years, there have been many important clinical studies and advances. A good place to begin is by looking at the work of Dr. Jon Kabat-Zinn (2009). His work was pivotal in bringing the concept of mindfulness to medicine. He found a way to systematically research the effect of mindfulness through clinical research. Mindfulness was found to help people cope with a variety of medical problems such as chronic pain, cancer, and psoriasis (Baer 2003; Davidson et al. 2003). Given its success with medical issues, psychologists began to study its application to psychological issues such as anxiety and depression, and particularly to eating issues.

Recent studies have found the following results. Mindful eating can help you to:

- Reduce overeating and binge eating (Kristeller and Wolever 2011; Baer et al. 2005; Smith et al. 2006).
- Lose weight and reduce your body mass index (BMI) (Tapper et al. 2009; Framson et al. 2009; Dalen et al. 2010; Singh et al. 2008).
- Cope with chronic eating problems such as anorexia and bulimia, and reduce anxious thoughts about food and your body (Proulx 2008; Rawal et al. 2009; Hepworth 2011; Lavender, Jardin, and Anderson 2009).
- Improve the symptoms of type 2 diabetes (Rosenzweig 2007; van Son et al. 2011; Faude-Lang et al. 2010).

“What Is the Difference Between Mindfulness of the Mind and Mindfulness of Thoughts?”

The difference between these two notions can be confusing. Both concepts have to do with your brain. But they have different functions. Mindfulness of the mind has to do with your level of awareness. Are you zoned out or very aware of what is happening? Tasting every bite or eating in a robotic manner? Using all your senses to enjoy the experience? Mindfulness of your thoughts pertains to the content of what you are thinking—the stuff that is on your mind. When listening to someone lecture, are you processing what he or she is saying? When eating, are you thinking about your long to-do list? Is your inner food critic sending you messages about what you should or shouldn't eat?

“Does Mindful Eating Mean I Can Eat Anything?”

Yes! You can eat everything and anything. Nothing is off limits. Restriction causes cravings. Period. For instance, if you told yourself that you could never eat your favorite fruit again, you'd be amazed at how much more you'd want it.

One major caveat: although you can eat anything you want, with mindful eating it is likely that you will choose *not* to eat everything. The more you tune in to *what* and *how* you eat, the more particular you become about what you consume. A woman in one of my workshops told me a story about potato chips. She used to love them. Then one day she volunteered to make sack lunches for a school. For an hour, she put potato chips into bags. She recounted how greasy her hands felt at the end of her shift. Her skin was saturated with oil and she couldn't seem to scrub it off. Prior to this, she had never tuned in to the sensation of touching the potato chips. After this, she looked at them in a brand-new way.

Mindful eaters often find fast food less appealing when they are totally tuned in. To their surprise, it begins to taste greasy, artificial, and overly processed. Sometimes mindful eaters' taste buds become more sensitive. They notice when tea is overly sweetened or when cereal is loaded with sugar. They say things like “Oh, that dessert is too sweet.” Also, mindful eaters start to review the ingredients in foods to avoid those that are toxic or unhealthy. They realize that their body doesn't feel up to par after eating something full of preservatives or other additives. Whole grains and fruits begin to fill them up and make them feel healthier. Mindful eaters still eat treats and junk food, but in

much smaller portions, since even small amounts of sweets and fried foods start to seem like a lot. Thus, your food tastes will likely alter a bit as you become a more conscious eater.

“What Is the Difference Between Cognitive Behavioral Therapy and Mindfulness?”

There are many similarities to cognitive behavioral therapy (CBT) and mindfulness. Both can help you improve your eating habits. For many years, CBT (interventions that target distorted behavior and thought patterns) has been one of the most successful forms of therapy for treating certain eating problems (Zindel et al. 2001). There is a slight difference in how CBT and mindfulness tackle things. Let's say you have a negative thought about food. You say to yourself, “One cookie will make me fat.” This is an irrational thought. With CBT you'd recognize this as a negative thought and replace it with a positive, more rational thought, like “One cookie won't make me fat.” With mindfulness, you don't replace the thought or try to get rid of it. Instead, you become aware of this thought and accept the thought as it is. When you stop struggling with your thoughts, you can let them go without responding to them with action.

“Do I Have to Have a Spiritual Practice or Be Buddhist to Use a Mindful Eating Approach?”

Mindful eating is much like yoga. Yoga has roots in Buddhism and Eastern meditation. However, it is not necessarily a spiritual practice. Mindful eating and yoga utilize breathing exercises to

calm and soothe the body. This is a technique. To eat mindfully, you can adhere to any kind of spiritual background or religion—or none at all. You may notice, however, that you become more relaxed and in tune with yourself through mindfulness. This, in turn, can enhance your spirituality in general, whatever that may be.

How to Use This Book

If you think that you may have some mindless eating habits, keep on reading! You may find it helpful to read through the entire book before attempting any of the skill builders, which are activities at the end of each tip, to help you to put the concept into practice. Remember that some tips may be more appropriate or work better for you than others. Then go back and try out the skill builders that seem to resonate with you.

Make reading be your first exercise in being mindful. As you read, simply be aware of your reactions. Pay attention to your thoughts. Notice when your mind says, “Oh, that is interesting,” or when it says, “Hmm, that doesn’t sound familiar.” Also take note when you get very invested in reading or when your mind starts to wander. Listen when your mind reacts with “I want to try that” or “That exercise sounds really hard.” This is useful information. Notice how your mind absorbs all of this information. If your experience doesn’t match the examples, or your actions are much more intense, hold that observation in your awareness. You may be ready to try these exercises out now, or you might come back to them in a few weeks. When addressing any kind of problem, people typically are at different stages of

readiness to adapt their behavior. So if you don't get started right away, don't worry. You can always come back to begin doing them when you are ready.

Finding Support

I am a strong advocate of finding good support. Sometimes this means joining with a good friend or coworker. But if you feel stuck, you don't have a supportive friend, or you have been struggling for a long time, it is important to join with a professional like a therapist, physician, or dietitian—or all three. This book is not a substitute for professional counseling. However, it can be a valuable adjunct to ongoing treatment if that is something you need.

If you make an appointment with a therapist or doctor, make sure to look for someone highly recommended. Seek a professional who specializes in eating problems. Bring along your copy of *Eating Mindfully* and discuss the concepts and skill builders together. It may be helpful to talk about which exercises work for you and which do not. Working together with a professional, you may be able to pinpoint the factors that have been standing in the way of mindful eating. There are several good resources to help you find qualified professionals; see the Resources section at the back of this book for more information.

Perhaps you've been reluctant to make a counseling appointment. Maybe you feel that you should be able to do it on your own, without intervention. Remember that even with a counselor, the greatest portion of the work is still up to you. Also,

seeking help does not signify failure and is not a sign of weakness. I cannot emphasize this enough. I admire the strength and courage it takes to seek assistance. It means you care about yourself, and it is a sign that you believe there is something inside of you worth nurturing and protecting. Seeking guidance indicates that you want to live the fullest life possible, and you are willing to take another human being into your confidence to ensure your life will be a happy one. This is a mindful stance, nonjudgmental, open, and receptive to all experience. This is the stance that this book will encourage you to adopt, and, I hope, these chapters will provide many tools for you to do just that.

susan albers, psyd
foreword by lilian cheung, dsc, rd



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