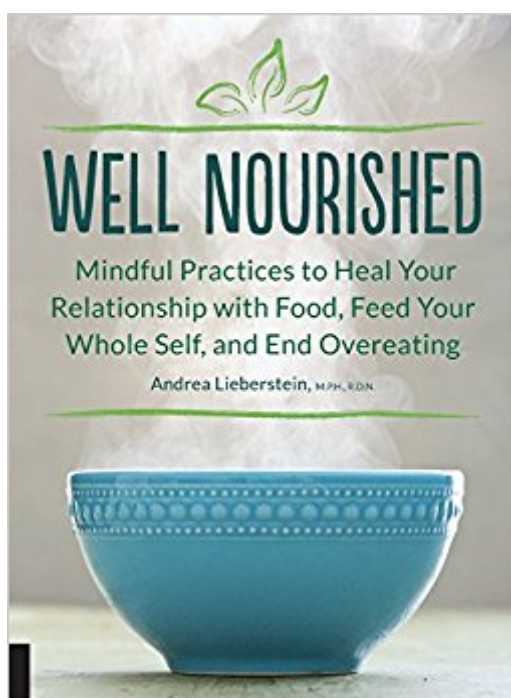


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# Well Nourished: Mindful Practices To Heal Your Relationship With Food, Feed Your Whole Self, And End Overeating



## Synopsis

Many people use food to nourish themselves when what they are really hungry for is other forms of nourishment. What if we were living a life where we felt well-nourished emotionally, intellectually, physically, psychologically, spiritually, socially, and creatively? What if we were mindfully present to receive, experience, plan for, and engage in nourishing activities, moments, and practices regularly that fed us on many levels. What if we were able to maintain an inner sense of balance and nourishment even when things are not perfectly in balance, and have the tools and practices to do so rather than turn to food at those times? This book will show readers how to develop a mindful relationship to food and craft a well-nourished life with step-by-step examples, tools, and mindful practices that can be individualized to their unique needs.

## Book Information

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## Customer Reviews

This book is medicine for your soul. It will take you on a journey exploring the different aspects of yourself, showing you how to receive deep nourishment and be happy from the inside out. The clear, powerful practices give you tangible ways to balance and nourish your own life and, through your own fulfilled life, help nourish the world. - Marci Shimoff, New York Times best-selling author of *Happy for No Reason* The spirit of this book is all encompassing, creating a path to higher wisdom through deepening our relationship to food, eating, and our bodies. This broad wisdom is complemented by many practical elements to help you along the way; tools to be used and questions to be reflected on, drawing on that capacity for mindfulness that we all have to cultivate

deeper understanding and balance. - Jean L. Kristeller, Ph.D., author of *The Joy of Half a Cookie* Well Nourished is a beautiful book. Its message is not about depriving ourselves of food but truly serving ourselves with a feast that supports health, happiness, and a meaningful life. I highly recommend this wise and loving book that guides us in living the life we want to be living. - Bob Stahl, Ph.D. Well Nourished is a rich and comprehensive guidebook that not only helps the reader establish a healthy relationship to food, but also uses it as a vehicle to greater experience consciousness, mindfulness, and true fulfillment in all areas of one's life. As a result, it allows your goodness to shine through and help awaken it in those around you. An excellent offering. - James Baraz, author of *Awakening Joy: 10 Steps to Happiness* Andrea Lieberstein's Well Nourished is a delightful feast combining behavioral science research, practical exercises, and a healthy dose of personal and professional experience. She has crafted a sensible and compassionate guide to nourishing yourself in body, mind, and spirit. - David S. Sobel, M.D., M.P.H. This is a wonderful book that integrates a practical and inspiring path to nourishing the whole self, honoring mind, body and spirit. Clear tools and mindful practices based on scientific research, wisdom practices, and Andrea's expertise are offered throughout that if followed open the door into living a life that is nourished, fun, resourced, and whole--with food in its place as a source of nourishment not struggle. - Joan Borysenko, Ph.D., author of *Minding the Body, Mending the Mind* Not only full of deeply thoughtful, useful ideas and methods, this book is very nurturing and beautifully designed. A jewel from a gem of a teacher. - Rick Hanson, Ph.D., author of *Buddha's Brain*

Andrea Lieberstein, MPH, RDN, RYT, is a registered dietitian nutritionist, mindful eating and mindfulness-based stress reduction (MBSR) instructor, and coach. Andrea was a leader in developing and implementing mindfulness and mind-body programs at Kaiser Permanente Northern California for over 20 years and is a contributing author to the chapter on meditation in *The Stress Reduction and Relaxation Training Workbook* (5th edition), New Harbinger Press. Andrea incorporates mindfulness-based eating awareness training (MB-EAT), MBSR, and other mindful eating and mindfulness-based mind-body practices in her private practice working with individuals on a wide range of nutritional challenges: nutrition for optimal well-being, disordered eating, overeating, weight management, body image, and stress-related issues and health concerns. Andrea holds degrees from Stanford University and the University of California at Berkeley.

Great Book full of helpful ideas. Andrea uses and teaches mindfulness to help with anxiety and cravings. She teaches you how to check in with your body and mind. Checking my hunger and fullness level before eating has helped me. Her lovingkindness phrases help calm me down when I don't know what else to do. Try and attend one of her retreats to get the full experience. She brings much joy to this subject and she is very passionate about her work. It is not a quick read, but soul searching and meaningful. Nina F.

This book is not available in print for another week, but I heard about it and was able to purchase it and read it online. It is just what I needed. I was interested in this area because I am basically a mindless eater. As my day progresses I find myself going to the refrigerator or the cookie box more and more frequently. It might be stress; it might be that I didn't get enough sleep last night; maybe boredom. Whatever the reason, I often find myself getting some chocolate or a cookie or two (or three and then four). This book gave me tools and encouragement to become more aware, more mindful. It has enhanced my pleasure in food, and the application of mindfulness to eating has also been transferred to the other activities of my life. I know my health will improve. Who needs all those extra calories? An impactful book for me. So glad I found this transformative tome.

Andrea Lieberstein breathes life into *Well Nourished*, providing some of the most useful and helpful tools to assist in mindful eating available today. Not only is it beautifully written, with wonderful illustrations, the format is incredibly easy to use and to follow along with, and is encouraging of reflection to see how far you've come to achieving whatever goal you may have had in mind when picking up this book. It is easy to see that this is written by a truly intelligent teacher who brings new ideas and practices to the table that no other book or teacher of this subject could offer. This book will help you find what you are searching for and leave you feeling truly at peace and happy with the journey you have taken.

In this beautifully written and inspirational book, Andrea opens our minds to how important it is to nourish every aspect of our life – not just our physical body. She goes well beyond telling us why we should pay more attention to these concepts by sharing simple and elegant ways in which we can easily do so. Distilling down over 25 years of her high-level understanding and expertise into an easy to embrace and easy to implement jewel box of ideas and exercises is not easy. Andrea did it brilliantly. If you're ready for a new relationship with food and yourself, buy this book. I know I'll be gifting it to many of my clients.

This book was thoughtful and full of realistic suggestions. I especially liked the after chapter check-ins and opportunities to keep me on track. Unlike so many other "diet" books on market - this book looks at what we eat as part of a bigger picture. I definitely felt well nourished after reading this book!!!

Andrea's book is a beautiful invitation to discover the elements of a truly holistic, well balanced life. Reading this book feels like being taken by the hand by a skilled guide who helps us become aware of not only the hunger that motivates what we put into our mouths but the deeper, psycho-spiritual needs we have for connection, love, purpose and meaning - for true nourishment in body, mind and spirit. I love this book and will highly recommend it to friends and clients who want to know how being nourished on many levels changes and enhances their experience of life. The exercises are a brilliant way to uncover inner truths in order to make more conscious choices through the freedom that awareness brings.

This book is excellent! Full of real wisdom and new advice, all delivered with a warm, real and accessible voice. I am so happy to have found this well-written SMART guide and know I will use it well!

This book is an excellent, comprehensive guide to the principles of leading a mindful life. You will evaluate the health of your life; using straight-forward exercises to increase awareness of patterns of thinking around food and consumption and so much more. Andrea takes a holistic view of nourishment, recognizing that we need to address the health of not just our physical body but also our social, intellectual, spiritual, psychological and emotional selves as well. Creating wellness in all these aspects of our lives helps us heal underlying issues that may be holding us back from accomplishing our goals.

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Whole Food: The 30 Day Whole Food Challenge  
Whole Foods Diet  
Whole Foods Cookbook  
Whole Foods Recipes (Whole Foods - Clean Eating)  
Whole: The 30 Day Whole Foods Challenge:  
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