

## Appendix B

### Mindful Eating Resource List

The following reference list consists of books, websites and manuals along with a brief note about the content that I have come across during my mindful eating research. Several of these resources have inspired me and others warranted mention because of their value for other dietitians' practices. This is not an exhaustive list but a good place to begin for practitioners who are interested in developing their skills and abilities with eating mindfully.

Note that all resources on this list are easily viewable or purchased online through mainstream bookstores unless otherwise indicated.

- 1) Albers, S. (2003). *Eating mindfully: How to end mindless eating and enjoy a balanced relationship with food*. Oakland, CA: New Harbinger Publications.

Albers, S., PsyD uses a Buddhist approach with mindful eating. She identifies four foundations of mindfulness: the mind, body, feelings, and thoughts. Throughout the book, 46 mindful steps are explored, each fitting into one of the four foundations. A skill building exercise is included with each step.

- 2) Albers, S. (2008). *Eat, drink, and be mindful: How to end your struggle with mindless eating and start savoring food with intention and joy*. Oakland, CA: New Harbinger Publications.

Albers, S., PsyD includes more than seventy worksheets designed to support clients with mindful eating. It can be used as a tool for health professionals to lead clients and as an introduction for people to explore mindful eating on their own.

Website: [www.eatingmindfully.com](http://www.eatingmindfully.com)

- 3) Altman, D. (2004). *Meal by meal: 365 daily meditations for finding balance through mindful eating*. New World Library, Novato, CA.

Altman, D., M.A., LPC offers a mindful eating related reflection for each day of the year in this collection. Throughout the book he draws on various wisdom traditions including Buddhism and Native American practices.

- 4) Altman, D. (1999). *Art of the inner meal: Eating as a spiritual path*. New York: Harper Collins.

Altman, D., M.A., LPC explores the concept of mindful eating and ties in how food has played a significant role in a variety of cultures and religions.

- 5) Bays, J. (2009). *Mindful eating: A guide to rediscovering a healthy and joyful relationship with food*. Boston, MA: Shambhala Publications.

Bays, J., MD and Zen teacher, offers an exploration of mindfulness and its link with healthy eating. Various exercises are included throughout the book for skill application. Additionally, there is a 70 minute audio CD that leads the listener through a variety of mindful exercises.

- 6) Burggraf, F. & Hammond, M. (2005). *Discover mindful eating*. Charlotte Hall, MD: DayOne Publishing.

Burggraf, F., MEd & Hammond, M., MEd., RD, CDE, LD include 51 mindful eating related handouts and supplemental teaching tips for professionals to use with clients. The sections are divided into 3 areas of focus- before the meal, during, and after.

Website for purchase: <http://www.dayonepublishing.com/DiscoverMindfulEating/>

- 7) David, Marc. (2005). *The slow down diet: Eating for pleasure, energy, and weight loss*. Rochester, VT: Healing Arts Press.

David, M., MA. provides the reader with an 8 week weight loss program. His approach is to support weight loss through a mindful approach with eating. Each week of the program includes background information and exercises as well as debunking common diet myths.

- 8) Johnston, A. (1996). *Eating in the Light of the Moon: how women can transform their relationships with food through myths, metaphors and storytelling*. Carlsbad, CA: Gurze Books.

Johnston, A., PhD writes this book with an exploratory lens. Through wisdom and practical application tips, her stories support an empowered shift for women with eating disorders to improve their relationship with food.

- 9) Normandi, C., & Roark, L. (2008). *It's not about food: End your obsession with food and weight*. New York: Penguin Group.

Normandi, C., MFT & Roark, L., CCHT founded the nonprofit organization Beyond Hunger, Inc. This book shares the insights and tools used in their workshops to support recovery from disordered eating through reconnecting with food.

- 10) Satter, E. (1999). *Secrets of feeding a healthy family*. Madison, WI: Kelcy Press.

Satter, E., MS., RD, LCSW identifies practical advice on how to foster positive feelings about eating, healthy meal preparation, and including children and family in the experience.

Website: <http://www.ellynsatter.com/>

- 11) Somov, P. (2008). *Eating the Moment: 141 mindful practices to overcome overeating one meal at a time*. Oakland, CA: New Harbinger Publications.

Somov, P., Ph.D brings awareness to the eating experience and also offers practical habit changing strategies with 141 mindfulness activities.

Website: <http://www.eatingthemoment.com/>

- 12) The Centre for Mindful Eating

The centre for mindful eating was created and is maintained by experts in the area. The online resource contains a wealth of information and webcasts surrounding mindful eating. The purchase of an annual membership provides one with further access to mindful eating training, handouts and research.

Website: <http://www.tcme.org/>

13) Tribole, E. & Resch, E. (2003). *Intuitive eating: A revolutionary program that works*. New York: St.Martin's Press.

Tribole, E., RD & Resch, E. RD explore why dieting does not work and how to shift one's thinking to connect the body to the eating experience. The book is guided by ten principles designed to offer practical tips to eat with intuition.

Website: <http://www.intuitiveeating.com/>

14) Wansink, B. (2006). *Mindless eating: Why we eat more than we think*. New York: Bantam Dell.

Wansink, B., PhD focuses on the principles behind the various influences that affect eating decisions. He outlines steps to make a shift towards supporting healthier eating habits.

Website: <http://www.mindlesseating.org/>

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