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Hi <<First Name>>,

Welcome to the first edition of Mindful Moments. I would like to wish all of us Happy Holidays and a Happy New Year. I am grateful to all of you who have opted in to **Eat Mindfully and Live Vibrantly**.

Looking forward to working with you in 2020 and beyond.

Warm wishes,

Susan

It's a Relationship, Not a Resolution



weight for good? Why not try something different in 2020? Let's set an intention to have a healthy and sustainable relationship with food. No more yo-yo dieting. Let go of restricting. Eat until you are satisfied rather than stuffed. Learn how with:

Mindful Eating Workshops (see details for January workshop below.

Complimentary Discovery Call

1:1 Coaching Program

Tips for Guilt-Free Holiday Eating

#1 Eat what you love and love what you eat mindfully.

For optimal enjoyment and satisfaction, make eating a multi sensory experience. Savor the aromas, appearance, flavors, and textures of the food. Focus on your body's signals of hunger and satiety. Consciously focus on the connections, conversations, and celebrations.

#2 Recognize the futility of "guilt".

Guilt does not encourage sustainable behavior change. Guilt just steals the enjoyment when you're eating what you were going to eat anyway, then fuels the eat-repent-repeat cycle. That's not to say that you won't sometimes regret the choices you make; regret can provide useful lessons.

#3 Don't pay penance for eating.

Don't skip meals, beat yourself up with exercise, or deprive yourself afterward. Planning to compensate paradoxically encourages more eating. Instead, set your intention to feel better when you're done eating than you did when you started.

Book a Complimentary Discovery Call.

Announcing an Online Workshop in Mindful Eating



It's a relationship, not a resolution!

Heal your relationship with food and break your eat-repent-repeat cycle. Learn to eat what you love and love what you eat — without rules!

ANNOUNCING A NEW ONLINE WORKSHOP IN MINDFUL EATING:

- Am I Hungry?® Program
- Eight 90-minute sessions
- Conveniently offered online via Zoom
- \$400 tuition includes course materials



7:00 - 8:30 pm on:
January 15, 22, 29 February 5, 19, 26 March 4, 11

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