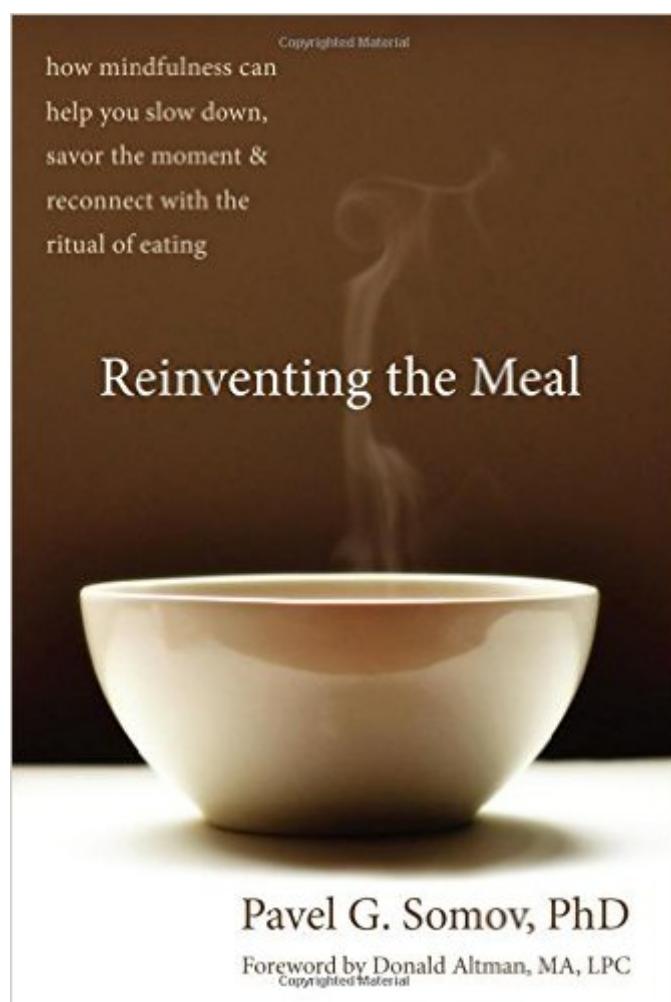


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# Reinventing The Meal: How Mindfulness Can Help You Slow Down, Savor The Moment, And Reconnect With The Ritual Of Eating



## Synopsis

There's nothing quite like a hot, soothing bowl of soup. It's a leisurely meal—a purposeful one that offers pause for reflection between every savory spoonful. What if you approached every meal as if it were that delicious bowl of soup? In *Reinventing the Meal*, you'll learn how to reconnect with your body, mind, and world with a three-course approach to mindful eating. Inside, you'll find mindfulness exercises to help you slow down and enjoy your food, pattern-interruption meditations to infuse presence into your eating life, and unique stress management tips to prevent emotional overeating. In addition, you'll discover a wealth of philosophical perspectives that will inspire you to focus on the quality of your eating experience, rather than on the quantity of what you eat. Designed to help you embrace the ritual of eating (and discover the power of mindful meditation in the process), this book will ultimately change the way you view your meals—as not only sustenance for the body, but for the soul as well.

## Book Information

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## Customer Reviews

I recently had the pleasure of reading the book *Reinventing the Meal*, by Pavel Somov. In a nutshell, this book is not only about becoming a more mindful eater, (and quite possibly losing extra weight in the process) but it is also a "how to" guide on bringing mindfulness to your life through meals. This idea of mindfulness while eating is mostly unheard of in our present culture of guilt, deprivation and mindlessness. Most patients I work with want to ignore food and eating altogether. They are filled to the gills with nutrition knowledge and resultant anxiety over what, when and how much to eat. They

are exhausted from the overwhelming amount of information and misinformation on nutrition and health. They have literally thrown in the towel and decided it is best to stop thinking about what they eat completely. They have shut down. In Reinventing the Meal, by bringing mindfulness literally to the table, Somov turns the idea of "how to lose weight", on its head. Instead of walking the reader through what to eat for breakfast, lunch and dinner he instead takes the reader through a three course meal. Not a traditional three course meal, but rather, three courses of increased mindfulness. While Reinventing the Meal may be a bit difficult to wrap your brain around, especially for those who are new to the mindful eating concept or are new to meditation, it is full of easy to try exercises for readers of all spiritual levels to practice. No other book that I have read, and I have read a lot of books on mindfulness and weight loss, gives as many hands on exercises for the reader to try, learn and grow. The exercises will help to bring relaxation, mindfulness, sensory enjoyment and nourishment back to our dining tables.

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