

## **Eating Mindfully**

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### **PROS**

While many in the food world talk about what and how much we should eat, this book explores the concept of why we eat. The author encourages us to listen to our bodies to differentiate between physical and emotional hunger. The book's unique approach was refreshing in that it was not prescriptive. The quotes from Buddha add a certain spiritual dimension to the book. The author stayed within her scope of practice and recognized the need to consult other health professionals.

### **CONS**

While this book contains gems, the biggest drawback was the lack of practicality. The book could have been more practical if it was organized as a book of daily tips or daily meditations so that readers could focus on practising one skill each day - rather than having to read the entire book and then apply the skills, which is what the author suggests. Also, there were a number of places where more detail was needed to better understand the author's recommendations. In addition, the book lacked overall structure - there were many sub-sections which made it hard to follow and it wasn't clear why the author broached the subjects in the order she did. Scientific references and more up-to-date sources would have added more depth to the content.

### **BOTTOM LINE**

While we appreciate the author's passion for the subject, the book is most appropriate for people who know how to meditate. The lack of practical tips begs the questions: where do I go from here? And what do I do now? The book was an interesting read, and the book club will keep looking for other books in this genre