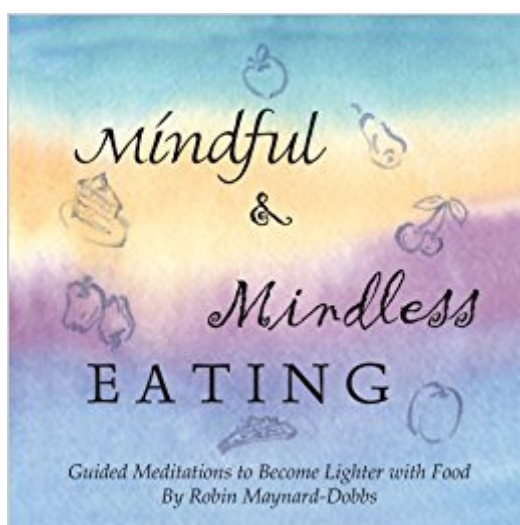


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# Mindful And Mindless Eating: Guided Meditations To Become Lighter With Food



## Synopsis

This CD has seven tracks to support listeners in their desire to eat more consciously, diminish self-judgment, and treat themselves with loving respect. Included is an introduction to the Aware Eating approach and 3 key questions to ask yourself before you eat. Next is a grounding meditation for deep relaxation. A mindful eating process leads you to becoming fully present in savoring the delicious flavors and textures of your food. For those times when you feel out of control with food, a guided process channels the panic frenzy of a binge and leads you towards self discovery. There is a special track for when you eat in your car plus positive statements to set your intention towards health and vitality. With original background music.

## Book Information

Audio CD

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Average Customer Review: 4.1 out of 5 stars 14 customer reviews

Best Sellers Rank: #1,834,315 in Books (See Top 100 in Books) #24 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets #157 in Books > Books on CD > Health, Mind & Body > Fitness #403 in Books > Books on CD > Health, Mind & Body > Meditation

## Customer Reviews

Your CD is truly amazing! I have never experienced such a holistic and all encompassing approach to eating and I have yet to find a CD with as many different tools as yours. The introduction reminds me of your unique and beautiful approach to finding peace with food. I have used the mindful eating track to guide me bite by bite and moment by moment during my lunch break, and the Mindless Eating track has saved me from many binges. I especially like to play it as I leave work and approach the "piranha hour" at home. The grounding meditation is the ultimate gift. After listening to it I feel totally present and free of food obsessions. I would highly recommend this CD to anyone struggling with food issues who is looking for a different and authentic approach. It is truly effortless.....just pop in a cd and listen. No thinking is required! --Marianne B, Lexington, Ohio I love this CD! Robin's musical voice is easy to listen to, supportive and non-judgemental. She lays out the

information so clearly. You know exactly which track to go to find what you want quickly--very important when one is on the point of an eating binge in the car and need to be saved quickly. The Aware Eating process is clear and easy to follow. I'm finding that I am applying these principles to my eating almost without thinking now, and I've only listened to the CD twice! --Anita M, Seattle, Washington  
I am just beginning to come to terms with my eating disorder. I've read so many books and have started therapy. Let me thank you for your wonderful CD. It speaks to me so profoundly and your voice makes me feel comfortable and grounded. I have a long way to go, but with your CD, I know I will not have to go it alone. --Barbara S, St Paul Minnesota

Robin Maynard-Dobbs is a Certified Hypnotherapist, Bodyway Personal Coach and Licensed Facilitator of Eating Awareness Training. As the founder of Aware Eating(tm), Robin has been helping women overcome obsession with food since 1991. After struggling for many years with compulsive overeating followed by excessive exercise, Robin now lives in harmony with her body and food is no longer an issue. Based on 17 years of experience in helping clients successfully overcome compulsive eating, Robin created Aware Eating, a unique blend of mindfulness, body awareness and connection to spirit as tools to create positive change. Also, as an artist, Robin is passionate about helping others discover their creative expression. Inspired by a lifelong meditation practice, she teaches others to look inside themselves for the wisdom they seek. Robin offers personal coaching both on the phone and in person.

i bought this cd recently and i love it!!!! i personally own several cds on hypnotherapy and weight loss but they are very average.what attracted me to this cd was the help with bingeing before and during a binge.also love the mindful eating exercise.eating slowly is so difficult for so many people and this guides you through it.the affirmations at the end of the cd are also wonderful.i especially like "i am enough,i have enough,i do enough".this was great for me because i am so hard on myself for not being thin or getting enough done everyday.i recommend this cd for anyone who struggles with food as i do. LORI aka daisygirl

Over years of struggling with binge eating/bulimia, I've collected many books, videos, CDs, etc. related to these issues. This one is at the top of the list! Finally, a CD that walks the listener through soothing practices aimed specifically at compulsive eating (one of the tracks is even meant to be played during a binge; another is for eating in the car, etc.). This is one of the most helpful, practical, soothing tools of healing I have come across on my search for help. I am touched by Robin's

compassion, flexibility, and her understanding of the complexity of eating issues. The CD is refreshingly affective and gets to the depth of the problem. Of course, healing is a process and not a static destination, so I don't mean to imply that this is a "magic pill" -- however, it HAS given me a kind of hope and understanding that was missing before. After only a few weeks, I am grateful to have taken in so many positive, helpful expressions and meditations by listening to this CD. Robin's voice and choice of words are clear and soothing. Unlike many authors on eating issues, she is not overly spiritual or overly autobiographical; her words seem purely focused on the listener's healing. Also, I appreciate that the tracks are a reasonable length (there are 8 total, each between 4 and 15 minutes). The background music is soothing and appropriate. Since getting this CD, I've also checked out her web site [..], where I am thrilled to find her other offerings and resources.

Its a very good CD. She's very caring and even talks people through a binge into calming the mind. No guilt, just realizations.

Doesn't work. I'm donating it to the Salvation Army resale store.

My husband struggled with bulimia for years. We tried everything. Somehow, this CD did it. It was the missing piece for him. I can't say that this will solve problems of that magnitude for everyone, but it was a lifesaver for us.

Worth reading, Suggest a hypnosis CD. Getting your mind ready for weight loss seems to work. Lost 14 pounds so far.

I love this CD. Robin's soothing voice relaxes me and lets me know its okay to be me and accept myself for who I am. I listen to it at night right before bed. I would also recommend Jennifer Polle's work as well as the CDs from the "Intuitive Eating" authors.

Bringing together her training in such disciplines as meditation, self-hypnosis, NLP, and creative visualization, Robin Maynard-Dobbs gently guides the listener into a world of imagery that strengthens one's resolve, encourages one's self discipline, and transforms the listener's will to succeed in controlling over-eating habits that have kept them from obtaining desired weight and well being. If your desire to get a handle on your own weight has been an issue for you, you can put your mind at rest that there now is a workable solution that will lead you to your desired goals without

drugs, contraptions, or impossible demands on yourself. Robin's method is truly the easiest and most profound technique available anywhere. Her secret is that she speaks to the heart of the problem, in simple, easy-to-understand terms and applies the time-proven techniques of introspection with mind/body controls that can literally change your life. This audio CD is highly recommended for those who have tried and failed, spent hundreds of dollars on quick-fix remedies, or hours in fitness centers without success. Robin definitely has a gift... her sincerity and compassion comes through on every track. If you know that the reason you have not succeeded in the past was due to your own inefficient means of approaching the problem, then let Robin show you how you can gain control over your life... and enjoy eating the way you were meant to again. David Smith, Miami, Florida.

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