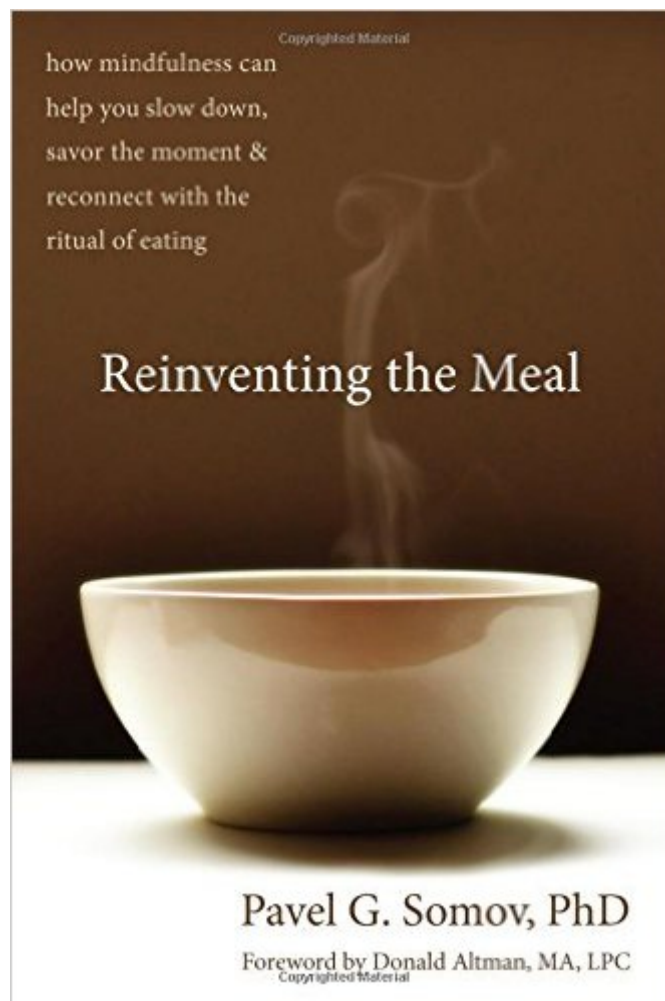


The book was found

# 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

Paperback: 216 pages

Publisher: New Harbinger Publications; 1 edition (September 1, 2012)

Language: English

ISBN-10: 1608821013

ISBN-13: 978-1608821013

Product Dimensions: 5.9 x 0.5 x 8.9 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars — See all reviews (9 customer reviews)

Best Sellers Rank: #801,600 in Books (See Top 100 in Books) #179 in Books > Religion & Spirituality > New Age & Spirituality > Self-Help #1237 in Books > Religion & Spirituality > Worship & Devotion > Meditations #1374 in Books > Politics & Social Sciences > Social Sciences > Customs & Traditions

## 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.

[Download to continue reading...](#)

*Reinventing the Meal: How Mindfulness Can Help You Slow Down, Savor the Moment, and Reconnect with the Ritual of Eating* Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Meal Prep: Amazing Meal Prep Recipes: Healthy Meals, Clean Eating, & Meal Prep for Weight Loss (Meal Prep for Weight Loss & Meal Prep Recipes) Slow Cooking - Top 500 Slow Cooking Recipes Cookbook (Slow Cooker, Slow Cooker Recipes, Slow Cooking, Meals, Slow Cooker Chicken Recipes, Crock Pot, Instant Pot, Pressure Cooker, Vegan, Paleo) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight loss, Eat Clean Diet Book Crock Pot: Everyday Crock Pot and Slow Cooker Recipes for Beginners (Slow Cooker, Slow Cooker Cookbook, Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, ... Low Carb ) (Cookbook delicious recipes 1) Top 30 Easy Vegan Slow Cooker Recipes For Busy Women: Amazing Vegan Recipes For Weight Loss And Healthy Eating: Slow Cooker, Slow Cooker Cookbook, Slow ... Cooker Recipes Cookbook For Busy Women 1) Savor the Moment (Bride Quartet Book 3) The Essential Ketogenic Meal Prep Guide: Spend Less Time in the Kitchen and More Time Living Life (Ketogenic Diet Meal Plan, Meal Prep, Ketosis, Meal Preparation, Batch Cooking, Budget Cooking) Diabetes: One Week Diabetes Meal Plan To Help You Improve Your Blood Glucose, Blood Pressure, And Cholesterol Numbers And Help Keep Your Weight On ... Reverse Diabetes, Diabetes Meal Plan) Paleo Diet: Paleo Slow Cooker COMBO 2 IN 1 SET - Paleo Diet for Beginners, Paleo Slow Cooker Cookbook, Paleo Diet Recipes and Paleo Slow Cooker Recipes, ... (Paleo Diet Paleo

Slow Cooker COMBO SET 1) Low Carb Slow Cooker Cookbook Box Set: Low Carb Slow Cooker Recipes, Low Carb Chicken Slow Cooker Recipes, Low Carb Beef Slow Cooker Recipes Crock Pot Recipes - The Ultimate 500 CrockPot Recipes Cookbook (Crock-Pot Meals, Crock Pot Cookbook, Slow Cooker, Slow Cooker Recipes, Slow Cooking, Slow ... Meals, Paleo, Vegan): Bonus 200 Recipes 100 Slow Cooker Recipes: Get 'em! Mix 'em! Leave 'em! (Slow Cooker Recipes, Crockpot Recipes): Big Slow Cooker Recipes Cookbook - The 100 Slow Cooker Recipes Slow Cooker: 100% VEGAN!: Irresistibly Good & Super Easy Slow Cooker Recipes to Save Your Time & Get Healthy. (Slow Cooker, Crockpot, Crockpot Recipes, Vegan Slow Cooker) Vegan: The Vegan Slow Cooker Cookbook - Delicious, Savory Vegan Recipes for Your Slow Cooker (Vegan Slow Cooker, Vegan Slow Cooking) Slow Cooker Low Carb: Over 70+ Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, Soups Stews ... Slow Cooker-Slow Cooker Recipes Book 109) Mindfulness: Achieve Inner Peace And Harmony With Mindfulness And Meditation - Live Life Without Stress And Anxiety (Mindfulness, Meditation, Buddhism, Yoga, Enlightenment Book 1) Mindfulness: Mindfulness for Beginners: How to Live in The Present, Stress and Anxiety Free (FREE Bonus Gift Included) (Mindfulness, Meditation, Buddhism, Zen) Clean Eating: 230+ Healthy Slow Cooker Recipes - Your Guide to Natural Weight Loss (1 Month FULL Meal Plan, Clean Eating Cookbook, Book)

[Dmca](#)