



## COMER ATENTOS (+CD) (Spanish Edition)

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## **COMER ATENTOS (+CD) (Spanish Edition)** Jan Chozen Bays

El arte de la atención (mindfulness) puede transformar nuestra cotidiana lucha con las comidas, renovar nuestro sentido del placer, así como nuestra satisfacción con la alimentación. Comer atentos consiste en un enfoque novedoso que implica concentrar totalmente la atención en el proceso de comer, en todos los sabores, olores, pensamientos y sensaciones que surgen durante una comida. Tanto si padeces de sobrepeso o de cualquier otro trastorno alimentario, o simplemente deseas sacarle más jugo a la vida, con este libro aprenderás a: sintonizar con la propia sabiduría del cuerpo en lo relativo a qué, cuándo y cuánto come, comer menos sintiéndote saciada o saciado, identificar tus hábitos y pautas alimentarias, desarrollar una actitud más compasiva con respecto a tus luchas con la comida, descubrir qué anhelas de verdad. Incluye un CD con ejercicios guiados de Fernando Torrijos para iniciarnos en el comer atentos.

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