



Well Nourished: A Guide to Mindful Eating, Inner Nourishment and Feeding Your Whole Self

Andrea Lieberstein

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Learn how to nourish your mind, body, and spirit and have a mindful relationship to food.

Many people use food to nourish themselves when what they are really hungry for is other forms of nourishment. What if we were living a life where we felt well-nourished emotionally, intellectually, physically, psychologically, spiritually, socially, and creatively? What if we were mindfully present to receive, experience, plan for, and engage in nourishing activities, moments, and practices regularly that fed us on many levels. What if we were able to maintain an inner sense of balance and nourishment even when things are not perfectly in balance, and have the tools and practices to do so rather than turn to food at those times?

This book will show readers how to develop a mindful relationship to food and craft a well-nourished life with step-by-step examples, tools, and mindful practices that can be individualized to their unique needs.

Well Nourished: A Guide to Mindful Eating, Inner Nourishment and Feeding Your Whole Self Details

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From Reader Review Well Nourished: A Guide to Mindful Eating, Inner Nourishment and Feeding Your Whole Self for online ebook

Marie says

"Common eating triggers include: seeing food, smelling food, hearing food, social situations, stress, emotional distress, procrastinating, habitual activities."

"Choosing nourishing activities instead of food such as walking in nature, engaging in a craft or a hobby, stretching, taking a hot bath or shower, dancing, calling a friend and curling up with a good book."

"On your plate aim for one half vegetables, one quarter protein as in beans, nuts, seeds or tofu and one quarter whole grains."

"When you can not fall asleep practice mindfulness and elicit positive emotions such as joy, gratitude and kindness."

"Ten ways to increase creative thinking and living:

1. Capture new ideas in the moment.
2. Challenge yourself.
3. Enhance and broaden your knowledge.
4. Enrich your environment.
5. Reduce screen time.
6. Problem solve in novel ways.
7. Practice self care.
8. Eat well.
9. Practice mindfulness moments and meditate.
10. Just do it."

L.P. Logan says

Interesting to think that our consumption of food could have a direct correlation to our overall sense of wellness--not just physically, but emotionally, spiritually, as well as deriving a sense of place in the world. Although I find these things to be good concepts, particularly that of gaining some self-control, I thought the book lacked both heart and depth. It gives a cold directive, with an attempt at care, but ends up lacking in true depth. I can't really explain it, you'll just have to take my word that it is lacking.

However this could be a great starting point for many people who are looking for some help and a place to start from in learning to control their own impulses and gain some self-worth. Anyone who already is in possession of the basic building blocks, should probably look for a book with a bit more gusto and breadth of charisma.

Sharon says

This book is so incredibly helpful--wise, warm and packed with information--information you can really use. As a therapist, I have adopted some of these exercises in my work with clients. This book is just so generous too--it's part inspiration, part workbook, and all intelligent and useful. I love how it is both so deep and so practical. Thank you Andrea Lieberstein!

Barbara says

I loved this book! It really helped me slow down and inquire into my nourishment needs. The workbook aspect was great; it gave me important new perspectives and tools to work with. The author has a warm and gentle presence and you can tell that she really cares.

Melissa says

I borrowed this book from my library, but halfway through I was so taken by her gentle guidance and easy strategies, that I bought it as a reference. While the book focuses on eating habits, it's actually a life manual for meditation habits. Highly recommended for anyone who wants to be more calm and develop their meditation practice.

Jess Macallan says

I received an e-copy of this book via NetGalley in exchange for an honest review

3.5 stars

This book is focused on the mindfulness of eating, and you can tell the author has a lot of experience with a mindfulness-based approach to creating and maintaining a healthy relationship with food. Each chapter offers a variety of reflections, affirmations, and meditation ideas to help the reader reconnect with what they really need nourishment for. The author covers physical, emotional, psychological, social, intellectual, creative, spiritual, and worldly nourishment. I especially liked the section on eating triggers, which is definitely worth exploring. Some of the chapters were repetitive and could have been summarized to help focus on the key points. I also wanted to see recipes for nourishment that didn't involve food to help break up the numerous worksheet/reflection sections. The SPRIGS acronym didn't work for me because it felt like a spin-off of SMART goals.

Healthy food is touched on briefly. Be aware that this isn't a prescriptive book, but rather an invitation for the reader to dig in and get to know what's really driving their desire to eat.

Ella says

I may use some of the exercises and practices, but I got so tired of reading the same concepts over and over. I

was also concerned at the couple times she recommended seeing a "doctor or naturopath" as if they're the same thing. ?

Stephanie Baker Opperman says

The introduction has a nice outline for finding fulfillment in many areas of your life. The rest of the book provides a formula for reflecting on each area and journaling about it in detail.

Natasia Angel says

This is the best book that I've read about health & well-being!

Since I was young, I was fighting with body image issue, constantly on a diet since I was 11. I was in serious fear of getting fat & to be honest, my mental was undermined by my own surrounding, especially my own mother & my relatives. A part of me was probably afraid that nobody loved me because I was fat. It was not completely my parents' fault; I have been suffering from anxiety disorder due to my high functioning autism. My parents were young, with my father working hard & my mother hadn't fully developed into a woman. They don't understand this stuff because it was not apparent. Furthermore, nobody understands (up to this point) how important a good, balanced diet is.

All in all, this is the right book for me because it has helped me to understand how to seek balance in my life. I was encouraged to keep reading, to keep enriching myself in the world of black and white. It has fed my intellectual body very well, but my creative body has been neglected for years. I used to draw, to paint, to sing, to play music. However, when I was pursuing my engineering degree, I forgot how it feels like to be myself, to enjoy things I do enjoy as I was busy trying to be somebody I am not. I also gained weight, causing me to be one point below overweight. And that was that. I changed my diet, did routine exercises (thank you, Blogilates!!!). I finally lost weight, but I was still in constant fear of gaining weight.

Now I've got a better perspective, I strive for balance rather than perfection.

GONZA says

It is a nice book, like the bazillions before this one that I read on the topic. I agree with the fundamentals: the different type of body to nourish, being mindful while eating, trying to analyse the triggers that make us turn to food and so on. My only disappointment is that this book doesn't really say something new about the topic, but if it was the first book I read about the subject, I would find it interesting and clear.

È un libro carino, come i milioni che lo hanno preceduto sullo stesso argomento. Sono anche d'accordo con i fondamentali: i vari "corpi da nutrire", essere concentrati nel qui ed ora quando si mangia, cercare di analizzare quali sono le situazioni che ci fanno ripiegare sul cibo, etc.etc. L'unica cosa che mi ha un po' deluso é che non ci sia davvero niente di nuovo sull'argomento, ciò non toglie che se fosse il primo libro che leggessi riguardo all'alimentazione consapevole, lo avrei trovato interessante e molto chiaro.

THANKS TO NETGALLEY FOR THE PREVIEW!

