



# Well Nourished: Mindful Practices to Heal Your Relationship with Food, Feed Your Whole Self, and End Overeating

*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.

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