

Why we need a mindful eating practice

Interventions

Bariatric Surgery

Exercise Program

Yoga Classes

Nutritional Counseling

Multitude of diet programs

Inside your Mind

Emotional Eating: sad, angry, frustrated, lonely, bored, upset

Stress Eating

Family Culture

6 False Hungers: smell, taste, seeing, thinking, emotions, hearing

State of Distraction

Negative Thinking

Self-judgment and criticism

Autopilot

The Results

Results for many people are diminished in a short time.

2/3 of adults are overweight
1/3 adults are obese

80% of New Year's Resolutions fail by February



None of these interventions directly address the influence of the mind

Interventions get lost, jammed up, detailed, minimized, and sabotaged by the forces in the mind (noted above)

In any given moment we have two options: To step forward into growth or back into safety.

— Unknown