



The Joy of Half a Cookie: Using Mindfulness to Lose Weight and End the Struggle with Food

Jean Kristeller, Alisa Bowman

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Anyone who's tried to lose weight through sheer will power knows how difficult, if not impossible, it can be. In this practical and paradigm-shifting book, Dr. Jean Kristeller presents a new alternative--a program for weight loss based on her successful Mindfulness-Based Eating Awareness Training Program. Instead of frustration, deprivation, backsliding, guilt, and a lack of results, *The Joy of Half a Cookie* provides simple, proven ways to lose weight and keep it off, using what we now know about the power of the mind.

The first book to bring mindfulness to the dieting space in a truly accessible and mainstream way, *The Joy of Half a Cookie* will show readers how to lose weight while:

- ditching willpower, guilt, and cravings
- loving every bite, including favorite and previously “forbidden” foods
- tapping into the body's satiety signals

Written for anyone who wants to lose weight – not just the meditation and yoga crowd – this accessible book delivers a proven way to find peace of mind and a healthier relationship with food, for life.

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