

A photograph of a wooden basket filled with fresh vegetables. Visible items include several bright orange carrots with green tops, two large green bell peppers, and several round pink radishes. The basket is made of light-colored wood and is set against a blurred background of more greenery.

MINDFUL EATING BOOK LIST

*Eating Mindfully: How to End
Mindless Eating & Enjoy a
Balanced Relationship with
Food* by Susan Albers, Psy.D.

*The End of Overeating: Taking
Control of the Insatiable
American Appetite* by David
A. Kessler, MD

Food Rules: An Eater's Manual
by Michael Pollan

*In Defense of Food: An Eater's
Manifesto* by Michael Pollan

*Mindless Eating: Why We Eat
More Than We Think* by Brian
Wansink, Ph.D.