

# MindfulLiving™

Welcome to the MindfulLiving™ course, led by Shery Clein, a certified personal coach committed to empowering individuals on their mindfulness journey. With meticulous research and care, Shery has curated this course to provide accessible and impactful strategies for personal growth and well-being.

Through Shery's guidance, participants will gain practical tools and techniques to integrate mindfulness into their daily lives. Shery's expertise ensures that the material presented is tailored for continued growth beyond the course, fostering profound and lasting transformation.

As we embark on this journey together, Shery thanks each participant for their commitment to self-discovery and personal development. Your participation in the MindfulLiving™ course shows your dedication to living a more mindful and fulfilling life.

**Thank you for joining us on this path toward  
Greater presence and joy!**



# **Module 1: Simple Awareness – Chapter 10**

## **Adapted by Shery Clein – MindfulLiving™**

### **Eating Solution Hunger and Savour Your Life by Lynn Rossy, PhD**

#### **Proven Strategies to End Overeating, Satisfy Your Hunger and Savour Your Life**

Lynn Rossy, PhD, is a licensed clinical psychologist at the University of Missouri's wellness program for faculty and staff. She developed Eat for Life, a mindfulness-based intuitive eating program that successfully helps people overcome eating issues, improve body image, and enhance weight loss. She is on the board of directors of The Centre for Mindful Eating.

What are you hungry for? Is it food, happiness, or something else? In this unique book, mindfulness expert Lynn Rossy offers a practical, whole-body approach to help you discover the real reasons for overeating.

In The Mindfulness-Based Eating Solution, Rossy provides an innovative and effective program to help you slow down, savour each bite, and eat less.

This unique, whole-body approach will encourage you to adopt healthy eating habits by showing you how to listen to your body's intuition, uncover the psychological cause of your overeating, and be more mindful during mealtime.

*Mindful*  
**EATING**

# **Module 1: Simple Awareness – Chapter 10**

## **Adapted by Shery Clein – MindfulLiving™**

### **Eating Solution Hunger and Savour Your Life by Lynn Rossy, PhD**

Suppose you eat without thinking because you feel bored or sad or simply because you've had a hard day; indulging here is understandable. But emotional eating can often spiral out of control, leading to obesity, diabetes, and heart problems in the long run. The whole-body program in this book will help you learn how to listen to your body's needs to stay healthy and happy without giving up your love for food. In fact, according to a recent study, women in the author's Eat for Life program reported higher levels of body appreciation and intuitive eating and lower levels of problematic eating behaviours than the wait list comparison group. If you want to lose weight, feel better, and truly enjoy your food, the easy-to-use strategies in this book will show you how—one mindful taste at a time.

"Reading this book is like talking to a wise and warm-hearted friend—a friend who has the knowledge and experience to help you reclaim the natural pleasure and daily satisfaction that is inherent in eating. As a bonus, it's filled with helpful exercises and tips based on scientific studies, including the author's research."  
Jan Chozen Bays, MD, author of Mindful Eating

mindful  
eating

# **Module 1: Simple Awareness – Chapter 10**

## **Adapted by Shery Clein – MindfulLiving™**

### **Eating Solution Hunger and Savour Your Life by Lynn Rossy, PhD**

More than one-third of US adults are obese. Americans spend over 60 billion dollars a year on weight loss products, and a whopping two-thirds of these dieters regained more weight within four or five years than they initially lost (livestrong.com). This book's proven practical whole-body approach encourages readers to adopt healthy eating habits by helping them listen to their body's intuition, uncover the psychological cause of their overeating, and slow down and savour each bite—fundamentally changing how they think about food.



**Module 1: Simple Awareness – Chapter 10**  
**Adapted by Shery Clein – MindfulLiving™**  
**Eating Solution Hunger and**  
**Savour Your Life by Lynn Rossy, PhD**



**Thank You For Reading!**

We admire your precious time and participation in this journey. Your dedication and commitment to hard work always pay off whatever you do. We can help you deal with uncomfortable issues and any other obstacles. The main thing is to enjoy yourself and have fun!

As you embark on this enlightening, mindful eating journey, remember that every bite is a delightful opportunity to nourish your body and soul. By relishing each taste and attuning to your body's signals, you can foster a healthier relationship with food and, ultimately, yourself. May each meal be a joyous celebration of life and a moment of profound mindfulness. Bon appétit!

If you have any concerns or questions, please get in touch with Shery Clein via WhatsApp at +27824588151 or email at [shery@sheryclein.com](mailto:shery@sheryclein.com).

**Blessings. Stay Healthy and safe.**

