



# Mindful Emotional Eating: Mindfulness Skills to Control Cravings, Eat in Moderation and Optimize Coping

*Pavel Somov PhD*

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Help your clients achieve exactly what they want when it comes to emotional eating.... .

-you can eat to cope

-you can learn to use food on occasion to feel better

-you can feel in control (and have a treat)

-you don't have to feel bad or guilty about emotional eating to be healthy

In his new book, *Mindful Emotional Eating*, psychologist Pavel Somov has given a "cultural permission" to eat emotionally—with mindfulness—based tools to do so in moderation and without self-judgment and self-loathing. Somov proposes that emotional eating is a legitimate form of self-care and teaches clients and clinicians how to "leverage more coping per calorie." Numerous original exercises and meditative techniques will guide a more conscious alliance with food during moments of emotional distress.



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