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Dr. Susan Albers, Psy.D.,

Host of the *Mindful Eating Summit*, Author of *Eating Mindfully & Eat.Q.*

Inspiration for the Mindful Eating Summit & The Role Of Eat.Q. In Your Relationship With Food

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Dr. Brian Wansink

Director of Cornell Food & Brand Lab and best-selling author of *Mindless Eating: Why We Eat More Than We Think*.

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Evelyn Tribole

Award-winning registered dietitian an author of the best-selling books *Healthy Homestyle Cooking* and *Intuitive Eating* (co-author).

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Dr. Jim Painter

Producer of *Portion Size Me*, a documentary about fast food and health and featured on CBS's *Early Show*.

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Dr. David L. Katz

An internationally renowned authority on nutrition, weight control, prevention of chronic disease and author of *Disease Proof*

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Margaret Floyd

Certified Nutritional Therapy Practitioner (NTP) and Certified Nutritional Therapy Consultant (NTC) and author of *Eat Naked*.

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Dr. Elisha Goldstein

Psychologist, speaker and author of the bestselling books *The Now Effect: How This Moment Can Change the Rest of Your Life* and *A Mindfulness-Based Stress Reduction Workbook*.

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Trudy Scott

Food Mood Expert, Certified Nutritionist, author of *The Antianxiety Food Solution* and host of *The Anxiety Summit*.

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Dr. Lilian Cheung

Director of Health Promotion & Communication at Harvard and co-author of *Savor: Mindful Eating, Mindful Life*.

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Megrette Fletcher

Co-founder of *The Center for Mindful Eating* and co-author of two books: *Eat What You Love, Love What You Eat with Diabetes* and *Discover Mindful Eating*.

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Elisa Zied

Dietitian, nutrition consultant, public speaker, journalist, writer for *Eat+Run US News & World Report* and author of *Younger Next Week*.

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Marsha Hudnell

President & Co-Owner of *Green Mountain at Fox Run* and author of *Eating Happy* and *What You Need to Know about Carbohydrates*.

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Dr. Daniel Siegel

Currently *clinical professor of psychiatry* at the UCLA School of Medicine and the founding co-director of the *Mindful Awareness Research Center*.

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Sophie Roberts

Registered Dietitian based in Oxford, UK, one of only a handful of people in Europe qualified to deliver MB-EAT (Mindfulness Based Eating Awareness Training).

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Vicki Shanta Retelny

Registered Dietitian Nutritionist, former executive committee member of *Food and Culinary Professionals* and author of *Healthy, Healing Foods*.

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Dr. Jennifer Sygo

Dietitian at the Cleveland Clinic Canada, writer, author, and professional speaker specializing in *prevention and performance*.

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Cynthia Sass

Cynthia is a three time New York Times best selling author, columnist and practitioner, with master's degrees in both nutrition science and public health.

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Dr. Ronald D. Siegel

Assistant Clinical Professor of Psychology at Harvard Medical School and author of *The Mindfulness Solution: Everyday Practices for Everyday Problems*.

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Dr. Jean L. Kristeller

Professor Emeritus, Dept. of Psychology at Indiana State University and past President and co-founder of *The Center for Mindful Eating*.

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Dr. Nina Savelle-Rocklin

Dr. Nina Savelle-Rocklin, Psy.D., is a Los Angeles-based psychoanalyst who specializes in emotional eating. She has an award-winning blog, podcast, and video series

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Mary Dye

Mary Dye, MPH, RD, CDN, LC/N, is Director of Nutrition Services at Oliver-Pyatt Centers and the first-ever Consulting R.D. to NYU Abu Dhabi, providing one-on-one counseling to students of the university, and advising faculty on the assessment and treatment of eating disorders

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Connie Bennet

Connie is known as *The Sweet Freedom Coach* and is the bestselling author of two books *Sugar Shock* and *Beyond Sugar Shock*

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Dr. Mike Dow

Dr. Mike Dow is the host/cohost of Podcast One's *The Brody Jenner* Podcast with Dr. Mike Dow and author of *Diet Rehab* and *Think & Feel Better*

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Dr. Alan Christianson

Founding Integrative Health in 1997, author of *Healing Hashimoto's - A Savy Patient's Guide*, and co-author of *The Complete Idiot's Guide to Thyroid Disease*.

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Jonathan Bailor

New York Times bestselling author, nutrition and exercise expert, wellness entrepreneur, and former personal trainer who specializes in using modern science and technology to simplify health.

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Joe Tatta

Physical Therapist, Nutrition Expert & Co-Founder of Premier Physical Therapy & Wellness

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Schedule

Day 1 Monday, August 25th

Theme: Mindful Eating Tips

1. Dr. Susan Albers - Welcome & Take the Mindful Eating Pledge
2. Dr. Wansink - 5 Places You Eat that Encourage Mindless Eating & How to Change it!
3. Dr. Painter - Learn about "Sensual Nutrition"
4. Trudy Scott - The Amazing Amino Acids for Eliminating Anxiety and Emotional Eating
5. Dr. Dow - Supertasters & Mindful Eating

Day 2 Tuesday, August 26th

Theme: Mindful Eating Tips

1. Dr. Katz - Disease Proof Your Life
2. Dr. Elisha Goldstein - The STOP Mindfulness Method
3. Cynthia Sass - The S.A.S.S Method
4. Margaret Floyd - How Eating Naked Makes You Eat More Mindfully
5. Connie Bennet - Crazy Cravings & Sugar Shock
6. Elisa Zied - Eat to Be "Younger Next Week"

Day 3 Wednesday, August 27th

Theme: Pioneers of Mindful Eating

1. Dr. Susan Albers - Welcome & What is Mindful Eating & The Benefits to You
2. Evelyn Tribole - Intuitive Eating & Mindfulness
3. Dr. Jean L. Kristeller - Teaching People Mindful Eating & Mindful Eating Research
4. Dr. Lilian Cheung - The Seven Practices of Mindful Eating
5. Megrette Fletcher - Mindful Eating & Diabetes
6. Dr. Daniel Siegel - Mindsight & the Awareness Wheel

Day 4 Thursday, August 28th

Theme: Mindful Eating Tips

1. Dr. Alan Christianson - Adrenal Fatigue & Adrenal Health
2. Victoria Shanta Retelny - Cooking Mindfully
3. Dr. Nina Savelle-Rocklin - Disordered Eating
4. Joe Tatta - Emotional Eating & Pain

Day 5 Friday, August 29th

Theme: Tips for Disordered eating & Eating Disorders

1. Mary Dow from Oliver Pyatt Center - Mindful Eating, Perfectionism & Eating Disorders
2. Marsha Hudnell - Helping Women to Overcome Binge Eating
3. Sophie Roberts - Mindful Eating in Groups
4. Dr. Jennifer Sygo - Mindful Eating & Athletes