

# MINDFUL EATING MANIFESTO

**BEING** NOURISHED AND WELL FED IS CRITICAL TO BEING AT YOUR BEST—  
FOCUS, CREATE, INNOVATE, AUTHENTICALLY CONNECT AND

*simply be the most amazing you.*

THE FIRST STEP TO HEALTHY EATING IS *to focus more on*  
**HOW YOU EAT THAN** *what you eat.*

IT'S PERFECTLY **"OKAY"** TO ENJOY DELICIOUS FOOD  
*in a mindful way.* **WHEN PREPARED WELL,**

**HEALTHY** *food is stunningly delicious, filling to the belly*  
*and exposes "JUNK FOOD" as the highly*  
processed pumped with artificial fluff that it is.

THE COMFORT FOOD BRINGS IS DISAPPOINTINGLY FLEETING. **HUNGER CAN BE**

*deceptive—mindfulness can help distinguish*  
*emotional from true*  
**PHYSICAL HUNGER.**

**WHETHER YOU EAT, SNACK, MUNCH, DINE**  
*or take just one bite always,*

**ALWAYS KEEP YOUR MINDFUL INNER LIGHT SWITCHED ON.**

-SUSAN ALBERS, PSYD

