



# 50 MORE WAYS TO SOOTHE YOURSELF WITHOUT FOOD

**MINDFULNESS STRATEGIES TO  
COPE WITH STRESS AND END  
EMOTIONAL EATING**

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# 50 MORE WAYS TO SOOTHE YOURSELF

## WITHOUT FOOD

50 More Ways To Soothe Yourself Without Food is the much-anticipated sequel to the bestseller, 50 Ways to Soothe Yourself Without Food. 50 More Ways To Soothe Yourself Without Food provides highly effective ways to help you calm your nerves and cope with stress without eating—leading to a healthier, happier, and more relaxing life! The tips are based a blend of ancient and modern integrative medicine techniques like massage, self-hypnosis, meditation, acupuncture and stress reduction. You will learn new ways to find calm and comfort during a hectic day that don't involve any calories whatsoever. If you're ready to stop using food as an emotional crutch and start feeling calmer and truly fulfilled, this book is for you!

- » **Paperback:** 200 pages
- » **Publisher:** New Harbinger Publications; 1 edition (December 1, 2015)
- » **Language:** English
- » **ISBN-10:** 1626252521
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- » **Product Dimensions:** 5 x 7 inches



# BOOK FEATURES



50 More Ways to Soothe Yourself Without Food

- » New techniques based on clinical research
- » Examples from Dr. Albers' readers and clients
- » Links to videos of Dr. Albers demonstrating certain tips
- » A helpful tool for health care professionals who teach stress management
- » A must-have for holidays to help you stay calm, cool & collected
- » Tips are easy, effective and economical
- » A slim, sleek book design that is easy to take wherever you go
- » Tips to squash stress naturally!

# BONUSES

When you purchase **50 More Ways To Soothe Yourself Without Food** you will get private access to amazing bonuses including exclusive downloadable PDF bonuses and access to the **Soothe Yourself Without Food Summit**. Dr. Albers interviewed 10 expert on how to feel less anxious, stressed and overwhelmed and more calm and blissful. Just pre-order **50 More Ways To Soothe Yourself Without Food** through Amazon and forward your receipt (send to [dralbers@eatingmindfully.com](mailto:dralbers@eatingmindfully.com)). Then, the bonus package will be sent to your inbox. **Here is what you will receive:** <https://www.eatingmindfully.com>



# DR. SUSAN ALBERS

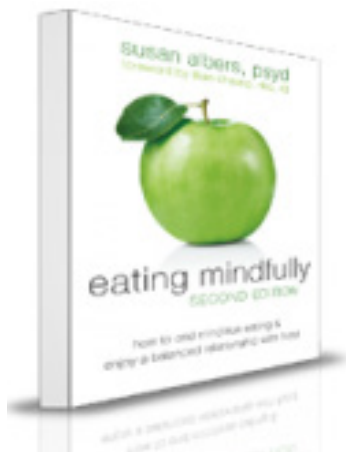
Susan Albers, Psy.D is a New York Times bestselling author and a clinical psychologist at the Cleveland Clinic for over ten years. She is a food behavior psychologist who specializes in eating issues, weight loss, body image concerns and mindfulness. She conducts workshops internationally on food psychology, mindful eating and soothing yourself without food. [www.eatingmindfully.com](http://www.eatingmindfully.com)

After obtaining a masters and doctorate degree from the University of Denver, Dr. Albers completed an APA internship at the University of Notre Dame in South Bend, Indiana and a post-doctoral fellowship at Stanford University in California.

Dr. Albers is the author of six mindful eating books. Her work has been featured in O, the Oprah Magazine, Family Circle, Shape, Prevention Magazine, Self, Health, Fitness Magazine, Vanity Fair, Natural Health, the Wall Street Journal. She was a guest expert on Dr. Oz. Dr. Albers is a contributor to the Huffington Post and Psychology Today. She enjoys traveling, food tours and recently completed the Great Wall of China Half Marathon.

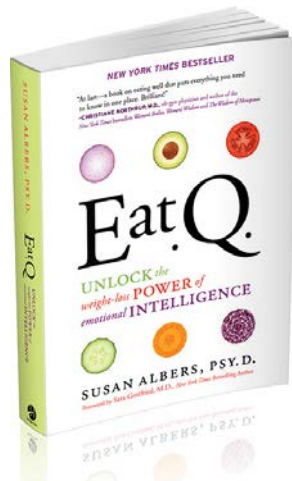


# DR. SUSAN ALBERS' BOOKS



## **Eating Mindfully:**

A handbook with the basics of mindful eating. Easy tips & techniques.



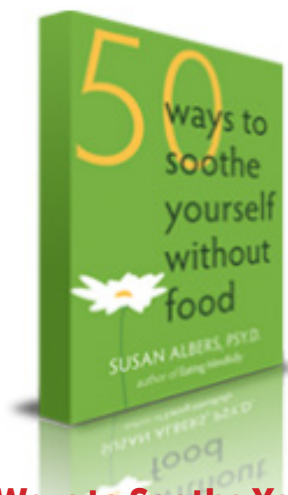
## **New York Times Bestselling Author of Eat.Q:**

Emotional intelligence skills blended with mindfulness. Scientifically-based skills for making healthy food decisions and sticking with them.



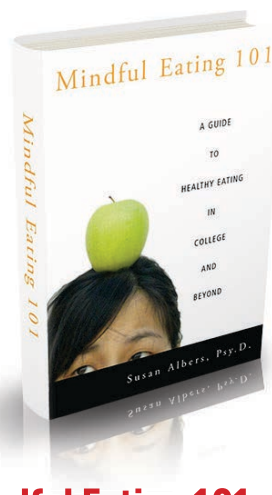
## **But I Deserve This Chocolate:**

50 strategies for getting past excuses, rationalizations and self-sabotage to boost your motivation to eat healthier.



## **50 Ways to Soothe Yourself Without Food:**

50 strategies for replacing emotional eating with healthy activities.



## **Mindful Eating 101:**

A handbook for college students to learn mindful eating.



# MEDIA

 Social Media  
**16,380 FANS**

## Television and Radio



## Magazines, Newspapers, and Online



Parade Magazine  
Yahoo health  
Oprah, the O Magazine  
Cleveland Clinic-Health Hub

Prevention  
Shape Magazine  
Health  
Youbeauty.com

WebMD  
Vanity Fair  
CNN



## MAGAZINE FEATURES OF DR. ALBERS

- » Cooking Light Exclusive, Healthy Eating Hero
- » Three Olay ads in Vanity Fair as a guest expert
- » Women's World Expert
- » Health Magazine Expert for a series on weight loss

### Keynote Speaker:



Cleveland Clinic, Kaiser Permanent, Eatright.org, NASA, Fordham University, 92Y, LA Weight Loss and more.

### Blogs:

**PT Psychology Today Blog:** Over 1,104,006 clicks  
<https://www.psychologytoday.com/experts/susan-albers-psyd>

**HUFF POST Huffington Post:**  
<http://www.huffingtonpost.com/dr-susan-albers/>

**OZ Share Care, Dr. Oz's Site:**  
<http://www.sharecare.com/user/dr-susan-albers>

**Youtube Videos on Eating Mindfully Channel:**  
<https://www.youtube.com/watch?v=MN8HeDsL-ok>  
[https://www.youtube.com/watch?v=CP\\_zxtWuk0g](https://www.youtube.com/watch?v=CP_zxtWuk0g)



# INTERVIEW TOPICS

1. 5 Refreshing Drinks that Can Prevent Emotional Eating Before It Starts
2. 4 Steps to True Calm
3. 5 Surprising Facts You Didn't Know About Comfort Eating
4. 5 Easy Ways to Soothe and Comfort Yourself Without Food
5. 3 Myths about Comfort Eating
6. Finding Calm & Comfort During the Holidays (Without Calories)
7. 5 Surprising Ways to Distract Yourself From Eating
8. 5 Energy Boosters that Don't Involve Sugar, Coffee or Energy Drinks
9. Stop Waiting, Get Started Today: 5 Ways to Motivated Yourself To Eat Better Right Now
10. 3 Ways to Increase Your Impulse Control Around Food
11. 3 Easy Mindfulness Techniques that Can Help You Relax
12. 5 Easy, Surprising Mindful Eating Tips

## EXAMPLE INTERVIEW QUESTIONS FOR 50 MORE WAYS TO SOOTHE YOURSELF WITHOUT FOOD

1. What are some of the primary reasons we comfort eat?
2. Describe the emotional eating carousel?
3. Is all comfort eating "bad"?
4. What is the difference between how men and woman comfort eat?
5. What are 5 things you mention in the book that we may not know about comfort eating?
6. Why did you want to write a sequel?
7. How did you learn about emotional eating?
8. You said you are on a mission to help people replace emotional eating from their lives. Tell us about that mission?
9. Describe what readers will find in this book compared to the previous book?
10. What is your favorite technique to soothing and calming yourself without food?
11. Describe the 5-5-5-5-5 Exercise and why it is so popular?
12. How can stressed out, overwhelmed moms soothe themselves without food?

“BALANCING HOW TO EAT  
WITH WHAT TO EAT”  
SUSAN ALBERS

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