



The Center for  
MINDFUL EATING

We have divided up this Mindful Eating Bibliography into three sections:

*Books*

*Reviews and 'How to'*

*Scientific articles (specific studies or cases)*

As you can see from the list of journals, there are now 94 published research articles in peer reviewed journals, across many disciplines, from 2009 going forward, on mindful eating!

### ***Mindful Eating Bibliography***

#### **Books**

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