

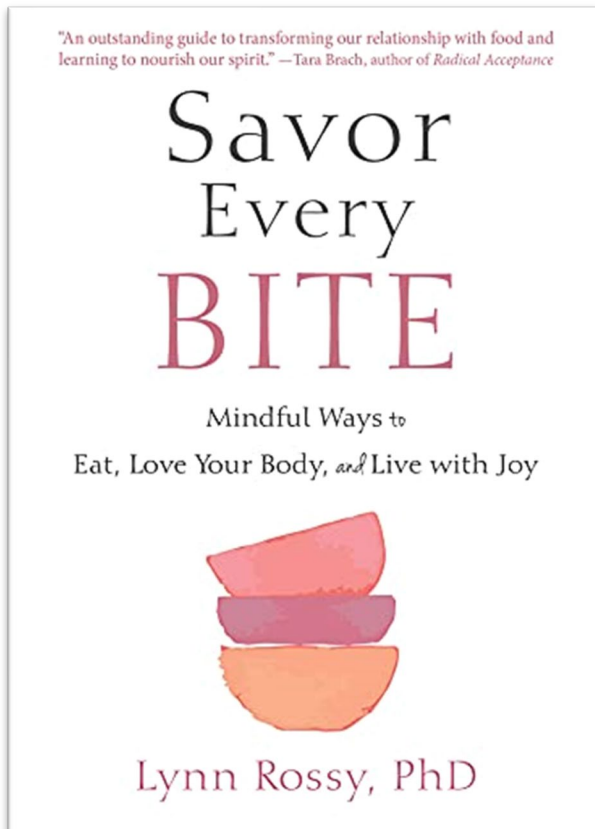
BOOK REVIEW



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**Rossy, Lynn: SAVOR EVERY BITE:
MINDFUL WAYS TO EAT, LOVE YOUR
BODY, AND LIVE WITH JOY**

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Eating behaviour is an integral part of life, a basic need that, with the development of society, has ceased to be a simple satisfaction of hunger to maintain life. Increasingly, the process of eating is associated with prohibitions and the desire for control, and therefore people lose trust in their desires. Scientific and practical research on the topic of eating behavior led me to a book filled with the experience of a person who has spent most of her life trying to establish a relationship with food and body.

The author of the book, Lynn Rossy, is a Psy.D. and clinical psychologist, who has had her own difficult life experiences that led her to the practice of mindful living. She teaches people mindfulness about food, body, feelings. The book is a presentation of practical developments of mindfulness formed on the basis of spiritual practices from yoga, Buddhism and Christianity. The practices themselves are aimed at feeling the body, tracking feelings and observing one's own thoughts in the moment as they arise in connection with various life situations.

The book points out the importance of understanding oneself, teaches the reader to develop awareness and thereby live "here and now". The author gives many practical recommendations, in fact, each chapter ends with an exercise called "Savoring Practice" - a practical exercise that can be used by the reader for him/herself and is related to the theoretical material presented earlier. The leading question of the book can be formulated as follows: "Is my behavior harmful to me, creating a lack of confidence in myself or am I inclined to conscious behavior that is beneficial to me?".

Lynn Rossy divided the book into five main sections called steps, thus indicating a step-by-

step model of working with oneself. Thus, the book focuses not on the result to which a person arrives, but on the process of understanding oneself in this world throughout life.

Step one teaches a person to self-explore, to stop him/herself in the rapid flow of life and thereby ask him/herself questions and listen to the real needs and desires of his/her own body. Feeling the needs of the body is one of the foundations of conscious life. The author notes that the amount and type of food that a person needs is determined by trial and error, that is, by the person's own experience of satiety and the pace of life, which is unique for each person. If a person is guided by the norms accepted by a particular society, then this way leads to a diet centric thinking, which is based on control, not self-confidence. It should be noted that the desire to control food and body shape and weight is one of the main mechanisms that leads to eating disorders.

Step two is aimed at tracking and getting to know oneself through understanding one's own feelings. L. Rossy writes that every emotion is worthy of attention and deserves to be in our lives. It is important to be close to the emotion and our own body can serve as an assistant in living and reacting to emotions.

Step three is about working with internal rules through awareness, expanding one's own internal concepts and further tracking them. The practice of working with internal rules helps to expand one's own life and fill it with hues of all possible colors.

Step four is about choosing what kind of person to be throughout life. L. Rossy points out that living happiness is an ability that we develop in ourselves. It is we who choose our own path and, based on different, sometimes traumatic life experiences, take something with us. What we take from these experiences influences our present and future. If a person is able to consciously take useful things from the past, then his/her internal supports will stand firmly, if not, then the person relies on external

circumstances and such a path is changeable and shaky.

Step five is about enjoying the experience in the moment and being grateful to oneself, one's surroundings, the world and one's higher power. Enjoying the moment is important because life is fast and unpredictable, we never know when a certain moment will be the last. An example from the author's life was her friend with cancer, who had very little time left. The friend began to take everything from life to the maximum and spend her last few days with gratitude to the world, at the same time she not only took, but also gave, taking care of others. After all, she had such a beautiful life and chose the path of gratitude and thus was filled with love that she could share with others.

The book is filled with many practices related to meditation and relaxation techniques that are often found in the practice of yoga. Such exercises are useful for many different people and teach how to form a relationship with food, body, and feelings within oneself, which contribute to a better quality of life.

Based on the book, it should be noted that mindfulness work encompasses the understanding of life on several levels. The first level is bodily, which includes feelings and thoughts that arise in the moment. The next is the soul level, which means understanding the experience in the context of the whole life. The last third level is the spiritual level about values and existential questions of the transience of life.

Using mindfulness practices is an interesting experience that helps to focus more on development and helps one perceive each day as unique and interesting. L. Rossy writes easily and simply, in clear client language, as if the author is sitting next to you and sharing her own interesting experiences. The book is useful not only for those who are interested in the topic of eating behavior but also for people who want to be filled with love every day and share it with others.