



***FOR IMMEDIATE RELEASE*:**

MINDFUL IS THE NEW SKINNY DOMINATES AMAZON'S 'SELF-HELP' AND 'NUTRITION' CATEGORIES!

Westchester County, NY – Psychotherapist and Holistic Health Coach Jodi Baretz' new book, *Mindful Is the New Skinny: 10 Transformational Steps to a Lighter You Inside & Out* debuted at #1 on Amazon's best sellers list. In this 'mindfulness meets weight loss' mash-up, the author offers a fresh approach which rejects traditional calorie restrictive dieting and focuses on feeling lighter by managing one's stress. Baretz says, "So many women come into my office struggling with their weight, feeling frustrated and overwhelmed. What they are doing hasn't been working and the problem is, they are focusing their energy in the wrong place." The author goes on to say, "once you shift your mindset on how you approach weight loss and address the stress in your life, you will not only drop excess weight but emotional weight as well." It's a holistic approach which takes in account both the mind and the body.

The book sprang from the authors own struggles with food. Baretz shares, "In my mid-thirties, I was diagnosed with Celiac Disease which meant I had to be gluten-free for the rest of my life. It was devastating, but it prompted me to go to a holistic nutrition school, which opened me up to a whole new world of holistic well-being." She soon saw incredible changes, she recalls, "I realized that once we stop running from our feelings and stop resisting the challenges in our lives, it makes a huge difference, in our eating habits and our relationships." Baretz continues, "As I opened my mind to a new way of thinking and saw these incredible results, I knew I had to write this book and share what I learned."

In *Mindful Is the New Skinny*, Baretz outlines 10 transformational steps to help the reader create an awareness of their thoughts, feelings and experiences using simple explanations, case studies, and interactive meditations. The author adds, "I created this book for people who were like me, who wouldn't necessarily come to mindfulness and meditation, but through their struggle with food, they can come to see the benefits, not only with food but with their entire lives."

For more information about Jodi Baretz and *Mindful Is the New Skinny*, including a video introducing the book visit: jodibaretz.com