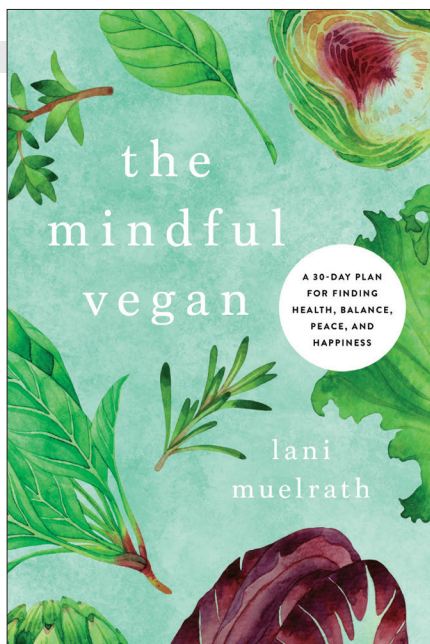


THE MINDFUL VEGAN

A 30-Day Plan for Finding Health, Balance, Peace, and Happiness

LANI MUELRATH



Certified mindfulness meditation teacher and longtime top vegan lifestyle coach Lani Muelrath shows how practicing mindfulness brings freedom and a new joy to vegan eating and living.

READY TO GET to the roots of your challenges around food—whether it’s gratuitous snacking, compulsive or emotional eating, indulging cravings, overeating, or other disheartening habits? Be ready to get mindful.

Mindfulness can be the deciding factor between your successful adoption of a healthy vegan diet and repeated frustrating attempts. This simple technique goes under the surface of what is hampering your happiness, providing a sought-after solution to many of life’s ups and downs by rewiring your reactivity to challenges.

Certified mindfulness meditation facilitator, award-winning teacher, and vegan advocate Lani Muelrath has been practicing mindfulness meditation for 25 years. In *The Mindful Vegan*, she teaches you how to practice mindfulness and shows how it can bring freedom and a new joy to your eating—and living—experience.

With step-by-step instructions, personal stories, positivity, humor, and a handful of delicious recipes, *The Mindful Vegan* will help you emancipate yourself from the stranglehold that mindless and compulsive eating have on your weight, health, food choices, and, most of all, peace of mind. With Lani’s guidance, you’ll learn the techniques of mindfulness meditation, opening the door to creating a more resilient vegan lifestyle. You’ll discover why eating in a way that lines up with your convictions about health, the environment, and ethics reduces stress and increases happiness. What’s more, you’ll even learn to navigate conversations with others about eating—and living—vegan, with greater clarity, equanimity, and presence of mind.

The Mindful Vegan sets you on a path to cultivating your capacity for genuine happiness and a more peaceful life—in a way that is personally satisfying and aligned with your deepest values. This book is for anyone who wants to be free of frustrating and baffling eating behaviors, experience a new ease around eating, and discover their naturally healthy weight.

Stop stressing. Start living—and eating—mindfully. Your body and mind will thank you.



LANI MUELRATH, MA, is an award-winning teacher, author, TV host, and top plant-based vegan lifestyle coach. Certified specialist in behavior change, plant-based nutrition, and mindfulness meditation instruction, Lani has been featured on or in CBS TV, ABC TV, *Prevention*, *USA Today*, The Huffington Post, and *Saturday Evening Post*. Presenter for Physician’s Committee for Responsible Medicine, PlantPure Nation, The Complete Health Improvement Program, and guest lecturer at San Francisco State University, Lani is Associate Faculty at Butte College where her book has been adopted as a required text. She is the author of the doctor and dietitian recommended *The Plant-Based Journey*, recognized by *VegNews* as Top Media Pick for 2015, and *Fit Quickies: 5 Minute Workouts*. Residence: Magalia, Calif.

- **Author’s previous book *The Plant-Based Journey* has sold over 12K copies across all formats**
- **Author has regular ongoing speaking engagements and Skype, radio, and podcast interviews in connection with continued promotions of *The Plant-Based Journey***
- **Author will actively speak and promote her book**
- **Promotion to the author’s 12K social media followers via Facebook, Instagram, and Twitter**
- **Promotion to the author’s newsletter (10K subscribers)**
- **LaniMuelrath.com**

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TWO ASPECTS OF MINDFULNESS

Mindfulness has been described as the opposite of automaticity. As awareness with a quality of attentiveness, mindfulness training strengthens your “attentional muscles” so that you can more skillfully direct your attention. The awareness that emerges is a by-product of cultivating the following two components—the combination of which is unique to mindfulness training.

Self-Regulation of Your Attention

First, you train your mind to focus through the use of a particular phenomenon, such as the feeling of the breath. This results in an increased awareness of moment-by-moment events as they unfold—in your thoughts and emotions, in your body, and in the world around you. You start to notice your habits of reactivity to these events. By steadying your awareness on your immediate experience, you learn to let go of thoughts and feelings that distract you from the present moment and pull you into ruminations about the past—or worries about the future. Such distractedness breeds confusion, anxiety, stress, and emotional turmoil.

Orientation to Your Experience

The second aspect of mindfulness training involves keeping an attitude of kindness, openness, and acceptance about where the mind wanders whenever it drifts away from the breath or other center of focus, as it inevitably will. You cultivate curiosity about thoughts, feelings, and sensations that arise. By acknowledging and observing them, you create a stance of acceptance that opens you to the possibilities of the present moment.

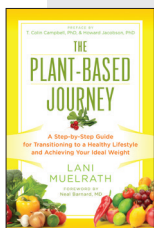
Together, with these two aspects of mindfulness practice, you not only cultivate your capacity to see things just as they are from moment to moment but also to be present with them with greater ease. The ability to sustain your attentive awareness—mindfully, with curiosity and calmness—brings greater clarity and insight. This allows you to acknowledge many activities of your mind without getting caught up with them. Through this process, you unearth the ability to make more skillful choices of thought, word, and deed. This ability to choose is what makes change possible.

Doing vs. Being

In contrast to the modern habit and cultural urge to go, do, have, acquire, produce, distract, and otherwise stay busy, mindfulness invites you to breathe and be in the present. You learn to use your attention to shift between a doing mode of mind and a being mode of mind as needed. Striving, perceiving thoughts as facts, avoiding unpleasant experiences, and brooding over future events are all aspects of a “doing” mode of mind. In contrast, “being” is characterized by being consciously aware and making choices, seeing thoughts as mental events, and remaining in the present moment. The ability to recognize these modes of your mind and developing the skill to shift between them opens up choices. Being aware of the mind’s tendencies and habits strengthens your ability to choose how to respond in the moment—the only time you can really make a different choice. In these choices lies your freedom.

Most people find the notion of meditation—the idea of discovering how to simply “be”—highly appealing. Intuitively we respond to the idea somewhat like a thirsty person to the sound of a distant stream. Yet nothing in our culture or schooling has taught us how to steady our attention in order to be in this stillness. By cultivating mindfulness, you learn how to shift into “being” mode. Growing this awareness extends the ability we all already have to know what is actually happening, as it is happening, to the mind itself, including thoughts, feelings, and reactivity. You become engaged in a way that helps you change troubling behaviors and reactivity. By giving you specific tools of acknowledging and being present with your feelings and thoughts—including unsettling tension and anxiety—mindfulness assists you in living more skillfully with all of life’s ups and downs.

As you learn to be present with thoughts, emotions, and physical responses as they arise, you disarm the potential they have to overwhelm you. Rather than having them continue to drive you to diffuse anxiety and tension through reactivity, mindless eating, short-tempered outbursts, or any other way you have of playing out stress, you restore equanimity and gain back the freedom to make more skillful choices and live with greater ease.



THE PLANT-BASED JOURNEY: A STEP-BY-STEP GUIDE FOR TRANSITIONING TO A HEALTHY LIFESTYLE AND ACHIEVING YOUR IDEAL WEIGHT

LANI MUELRATH

Lani Muelrath has been on her own plant-based journey for more than 40 years and has helped thousands of clients lose weight and live more healthy and plant-filled lives. In this comprehensive, foolproof, and accessible five-step guide, Muelrath will empower you as you make your own dietary transition.

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