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Awareness of the moment is when change can begin.

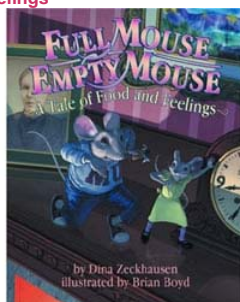
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Get updates, information, special offers, articles and more. The TCME e-Newsletter will help you keep up with all the goings on at TCME.
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"I have enjoyed each and every one of the Teleconferences so much that I am now trying to schedule patients around them. I feel that the TCME is extremely valuable and am planning to join as a member this week."
-Danielle Paciera, LDN, RD, Duke University

Why Become a Member?
The Center for Mindful Eating provides a number of great benefits, including Education Events, Mindful Eating based protocols, professional interaction and more.
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Book Review -- 12/2007

Full Mouse, Empty Mouse: A Tale of Food and Feelings



AUTHOR: Dina Zeckhausen, PhD

ILLUSTRATOR: Brian Boyd

TARGET AUDIENCE: Eating Disorders Prevention / Overweight and Obesity, Children Ages 7-12 (Grades 2-5)

PUBLISHER: Magination Press (American Psychological Association)

PUBLICATION DATE: August, 2007

PRICE: \$14.95 Hardcover; \$8.95 Softcover

"Full Mouse, Empty Mouse" is a tasty and wonderfully written children's book that is not just for kids. This book tells a very heartwarming and engaging story--one that is beautifully illustrated as well--of the Squeaks family of mice. When the stress of being chased by the Grumbles clan causes Billy Blue Squeaks and sister Sally Rose to cope by using food in unhealthy ways, their parents are at a loss of how to help.

Through clever repetition of a rhymed song, children learn how to pay attention to their body, their feelings, and their hunger. Further, the likable characters illustrate that even a mouse can learn how to eat appropriately. More than an eating disorders prevention tool, "Full Mouse, Empty Mouse" teaches the importance of family conversation and the sharing of feelings. The book includes useful guide notes for parents, as well as discussion questions to help parents share the core ideas about food, emotions, and hunger with their children.

Children and readers of all ages will want to hear about the Squeaks over and over, and parents will learn how to model food in a more healthy and appropriate way. "Full Mouse, Empty Mouse" is highly recommended as a story with a message for both children and parents.

--Donald Altman, M.A., LPC

Recent Articles

In [How to Put Mind Over Mouth](#), an article that appeared in a recent issue of Redbook, Jean Kristeller, PhD., President of the Board of TCME, shares tips on how to break the pattern of stress-induced munching.

New Research Study Physician Advisory Board Member Dr. Brian Shelley's article, [A Preliminary Study of the Effects of Modified Mindfulness Intervention on Binge Eating](#), was published in Complementary Health Practice Review, Vol. 11 NO. 3, Oct 2006 133-143.

[Mind Your Mealtime](#) on iVillage is a great article using information from TCME to help take the stress out of eating.

The Fall issues of **Food for Thought** and the **Patient Newsletter** are now [available for download](#).

Thank you to all who attended the FNCE Conference and visited our booth. TCME is very grateful to DayOne Publishing for underwriting the dinner. [Here are some photos!](#)



Please visit our calendar to learn of new tele-classes and programs available. If you want to stay informed of new classes, be sure to sign up for Mindful Bytes, TCME's email newsletter. Sign up is easy and you do not have to be a member to use this wonderful service!

[Calendar of coming programs](#)

SURVEY

Please [take our survey about our Food for Thought newsletter](#). Thank you!