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Ronna Kabatnick is a social psychologist who has been practicing meditation since 1985. She is the author of "The Zen of Eating:

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Ronna Kabatnick, Ph.D. , was the psychological consultant to Weight Watchers International for nine years, and taught psychology at Hunter College, Queens College

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Jan 24, 2009 Editor s note: This is a guest post written by Scott of the Modern Forager blog. I have been a big fan of Zen Habits site for quite some time.

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Ronna Kabatznick, Ph.D. , was the psychological consultant to Weight Watchers International for nine years, and taught psychology at Hunter College, Queens College

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