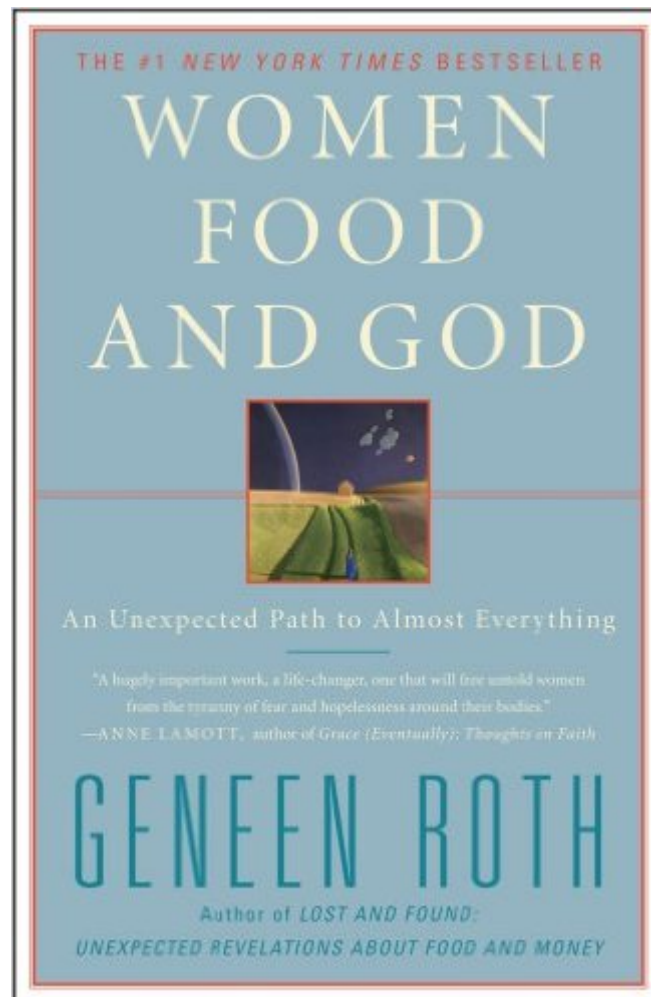


The book was found

Women Food And God: An Unexpected Path To Almost Everything



Synopsis

No matter how sophisticated or wealthy or broke or enlightened you are, how you eat tells all. After three decades of studying, teaching and writing about our compulsions with food, bestselling author Geneen Roth adds a powerful new dimension to her work in *Women Food and God*. She begins with her most basic concept: The way you eat is inseparable from your core beliefs about being alive. Your relationship with food is an exact mirror of your feelings about love, fear, anger, meaning, transformation and, yes, even God. A timeless and seminal work, *Women Food and God* shows how going beyond the food and the feelings takes you deeper into realms of spirit and soulâto the bright center of your own life.

Book Information

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Customer Reviews

*****Geneen Roth hits a home run with her latest book about overeating and so much more in "Women Food and God". The theme of the book is that the way we eat, the way we think about food and handle ourselves around it is the way we do everything. The author then shows us how and why this is the case. She describes the food retreats she runs and the women who attend them, and as a reader you will surely identify in some way with every single person--and with the lesson she illustrates from their lives. This is a more complex book than her earlier books because of the spiritual dimension; she sees problems with overeating as gateways to spiritual enlightenment. She convinced me (and will convince you as well) that instead of trying to get rid of or fix our eating problems, we need to use them to see within ourselves, to learn important spiritual life lessons from our feelings, and to grow and heal so that we will end up eating as a spiritual practice. And so that

we'll have a permanent end to the misery of always struggling with our weight and self-image, and always striving to improve our relationship with food. The book is so good that for me, just reading it was like a spiritual awakening in this area of my life. I found it motivational, inspirational, and scary in a good way--and the author makes the whole process doable with descriptions of practices that can be used on the food healing/awakening journey such as meditation, inquiry, and eating guidelines. These practices are all specific to the process and they are described in detail. This spiritual dimension is generic and does not require a particular religious belief, or even any religious belief. It would be compatible with any type of spirituality.

Wow, this book was wonderful. So well written, with humor and spiritual wisdom. Very powerful sentences throughout. I have had eating disorders since my first diet at the age of 14. I remember getting a bit of approval for losing weight; even though I wasn't overweight to begin with. Thus started my long, sad, disordered eating story. I never did get the real love from my parents; but boy did I try to look good striving for it. I continued to eat everything on my plate and be a "good girl". Certain foods were BAD, others GOOD. I was an excellent student. So, by the time I was an adult I am exactly as Geneen Roth describes herself - eating for every reason besides hunger. If I felt angry or lonely I'd eat. I'd binge when I couldn't express myself to those I wanted to be close to - family members and boyfriends. I was living on a field of death. I would get so tired of the yo yo, up and down with the weight gain and sorrow, then a time of eating healthy, and then cravings, and more binges. Finally I understand more about this illness: Geneen makes it clear that I am distracting myself with the focus on this yo yo story. I now want to look at the truth, at all of me (short comings and positive traits), and start living. I don't need to be stuck in this compulsive eating hell. I no longer need my mom's approval, or anyone else's - just my own self-validation will do, thank you. The guidelines and suggestions are helpful and yet, not so easy to follow; but well worth it for me. The spiritual guidelines and love throughout are priceless. Hello, I can really learn to love Eileen on a daily basis, around food, around work, my friends and family, anything (as long as I'm in the moment).

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