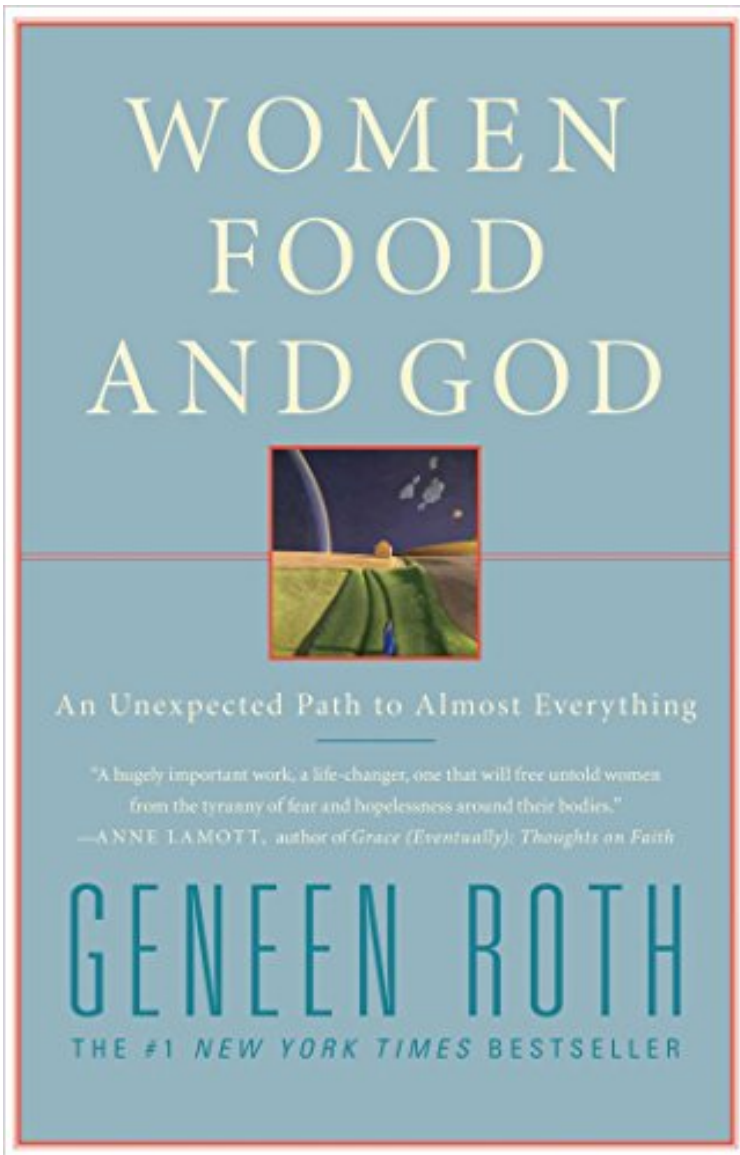


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Women Food and God: An Unexpected Path to Almost Everything (English Edition)



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Prsentation de l'diteurEmbraced by Oprah, the #1 New York Times bestselling guide that explains the connection between eating and emotion from Geneen Rothnoted authority on mindful eating.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 soul to the bright center of your own life. Presentation de l'auteur Embraced by Oprah, the #1 New York Times bestselling guide that explains the connection between eating and emotion from Geneen Roth noted authority on mindful eating. 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 soul to the bright center of your own life. Quatrième de couverture No matter how sophisticated or wealthy or broke or enlightened you are, how you eat tells all. If you suffer in your relationship with food - you eat too much or too little, think about what you eat constantly or try not to think about it at all - you can be free. Just look down at your plate. The answers are there. Don't run. Look. Because when we welcome what we most want to avoid, we contact the part of ourselves that is fresh and alive. We touch the life we truly want. After three decades of studying, teaching and writing about what drives our compulsions with food, Geneen Roth adds a profound 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. Roth powerfully urges us to pay attention to what we truly need - which cannot be found in a supermarket. She provides seven basic guidelines for eating and shares reassuring, practical advice that has helped thousands of women. Ultimately, she reveals how our relationship with food is the doorway to freedom and what we want most: the demystification of weight loss, and the luminous presence that so many of us call 'God'. A knock-your-socks-off ride to a deeply fulfilling relationship with food, your body and almost everything else, *Women Food and God* is, quite simply, a guide for life. 'Geneen Roth does it again! *Women Food and God* is absolutely mesmerising. And loaded with insights that can change your life.' Christiane Northrup, author of *Women's Bodies, Women's Wisdom* 'A hugely important work one that will free untold women from the tyranny of fear and hopelessness around their bodies.' Anne Lamott, author of *Grace (Eventually) Thoughts on Faith* [include author photo]