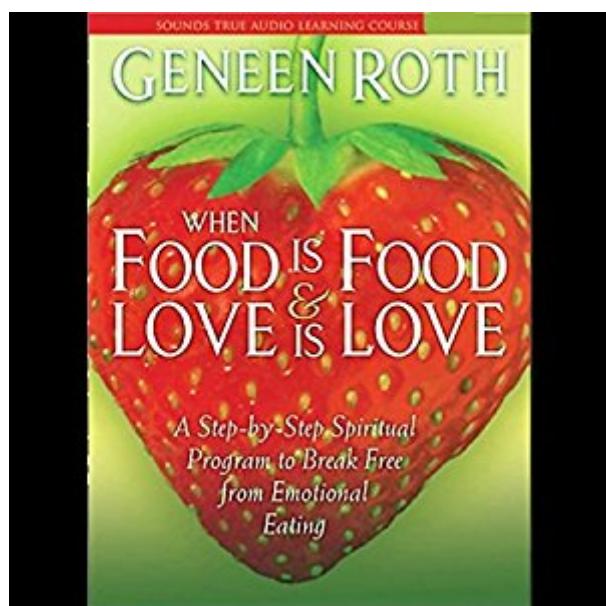


The book was found

When Food Is Food & Love Is Love: A Step-by-Step Spiritual Program To Break Free From Emotional Eating



Synopsis

Why do we eat? It's more than just a hunger for more food, teaches Geneen Roth. Your relationship with food is a microcosm of your relationship to being alive, and to your beliefs about trust, pleasure, deprivation, and nourishment. Now, Roth offers listeners When Food Is Food & Love Is Love, a deeply spiritual culmination of her groundbreaking work since the best-selling Feeding the Hungry Heart. Here, she offers her first complete at-home course to break free from emotional eating through visualizations, guided eating and mindfulness meditations, and more. Roth helps us to understand the real issues of why we turn to food, and to experience freedom from dieting once and for all.

Book Information

Audible Audio Edition

Listening Length: 6 hours and 53 minutes

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Version: Original recording

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Customer Reviews

She is the best. Kind, intuitive, honest and humble. Geneen can get you where you want to go with self-love!

I love Geneen Roth, the author and her book on Food/Love is a good read. I'm still battling the concepts, however this book helped me on my journey and I would recommend it to anyone who might feel like they confuse the difference between food and love.

good

It was okay.....nothing else to say!

Have read 3 of Geneen Roth's books so far, and they were very well written and quite good reading books. I have not had time to listen to this one yet, but am looking forward to it.

This book and ANY Geneen Roth book is a life changer. I think her bold honesty about herself makes it ok to start being honest with yourself. She will change your life! I got more out of reading her books than therapy!! She has been there and done that. Have you ever gone through a drive in and ordered enough for an entire family but it was just for you. Then you say to the little speaker things like, 'and my kids want xxx' and you don't have kids!! When we eat in the middle of the night and no one sees it....we have ourselves convinced that doesn't count. The best of the book(s) is not just how she can bring the honesty out of the closet but she really address how emotions and eating go together and what we are really doing. Brilliant!! The work book she also has is really deep! If you want to deal with your emotional eating there is no other way to handle it than by Geneen Roth. She is the best! (and I am not related to her or a personal friend!) Like I said the key to her books is she has REALLY been there and done that and won the battle. I would give more than five stars if I could. It is a life changer!!!

This CD set offers listeners the opportunity to explore how they feel about their weight, about the role of food in their lives, and about love and what it really means. Each session leads listeners through an examination of a new way of breaking free from emotional eating...and it's not about dieting. While this is a radical idea, it touches something true inside, and Roth offers Eating Guidelines to help us navigate our way through the forest of our own experience of life and to hear our own voices. How we eat is how we live, and how we feel about pleasure, deprivation, hope, despair, fear, happiness, and the whole range of feelings and experiences defines our lives. She postulates that the old, hurtful, voice can be replaced by our own spirit, and that we can learn to transcend what we believed as children and to find real peace as adults. We can be ourselves and welcome the possibilities of the future. We can learn to love and care for ourselves. Listen to Roth, here; she makes incredible sense. She knows how it feels to be caught up in feelings about weight and personal value, and you will likely recognize yourself in her descriptions...and find your way home to yourself using her tools. Work with the meditations and exercises provided, and follow your heart to living a truly radiant life!

"I believe in listening to the hunger of your body, and of your heart. Begin to actually look inside and

see what it is you really, really want with your relationship with food, and how to get there."

~Geneen RothGeneen Roth offers hope and practical advice in this informative and revealing look at why we all eat. Everyone seems to have some issue with food and if you look around at diet books, this becomes very apparent. So why don't diets work? What are the secret reasons people eat in their cars? Do most people gain the weight back? Why should you eat without distractions? Is food really a mirror of your relationship with love, life and feelings about yourself? Geneen Roth offers lifestyle choices that go beyond dieting and access our inner awareness. She explains how you can say goodbye to the dieting nightmare and become aware of what your body needs. Through this program you learn to analyze your eating habits to find out how you can change your life by changing the way you eat. "Most of us turn to food when we feel unhappy, sad, angry, or rejected. The next time you feel an uncomfortable emotion, rather than immediately reaching for the comfort food, be curious about the feeling." ~ Geneen Roth By gaining a deeper sensitivity to the reasons we eat what we eat we can heal the beliefs that cause the suffering, guilt and pain of making destructive food choices. Guided imagery and visualizing the past helps to uncover issues that we will face in the future. The highlights of this program include: The Hunger Scale Seven Eating Guidelines Embodiment Meditation The Voice of the Super-Ego What does your body want? Geneen Roth brings up some excellent points about bringing a sense of peace to our lives through a deeper awareness of why we eat. She has worked with thousands of individuals to help them reach their weight loss goals without the need for a specific diet. "When Food is Food & Love is Love" is a program to encourage the development of new lifestyle skills and healthy attitudes about food. ~The Rebecca Review

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