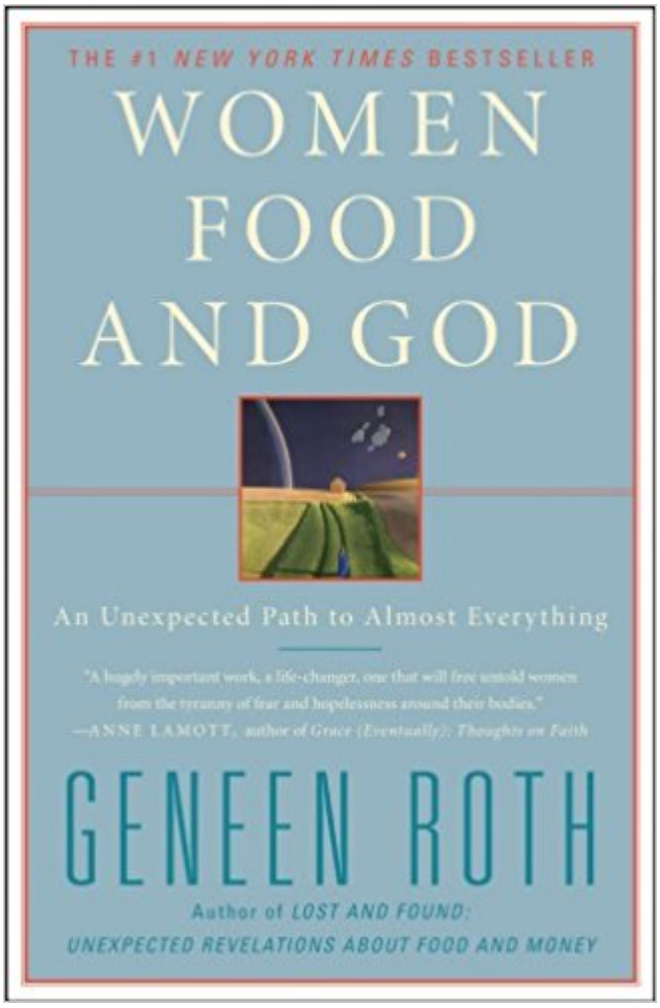
Ebook Directory
the best source of ebook

The book was found

Women Food And God: An Unexpected Path To Almost Everything



PDF
Adobe
DOWNLOAD EBOOK

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 soulÃ¢â ¬â •to the bright center of your own life.

Book Information

Paperback: 211 pages

Publisher: Scribner (February 8, 2011)

Language: English

ISBN-10: 1416543082

ISBN-13: 978-1416543084

Product Dimensions: 5.5 x 0.6 x 8.4 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 884 customer reviews

Best Sellers Rank: #17,555 in Books (See Top 100 in Books) #10 inÃ Â Books > Health, Fitness & Dieting > Mental Health > Eating Disorders #22 inÃ Â Books > Health, Fitness & Dieting > Addiction & Recovery > Drug Dependency #109 inÃ Â Books > Self-Help > Spiritual

Customer Reviews

"Women Food and God is daring, dazzling, funny, comforting, wise and profoundly spiritual. It maps the journey from the darkness of obsession to the pure sense of being in prose so insightful and astonishing it left me breathless. Geneen Roth is an international treasure, and her new book is a gift to us all." -- Gay Hendricks, Ph.D. author of "Five Wishes" and "Conscious Loving"Ã¢â ¬Å“This is a hugely important work, a life-changer, one that will free untold women from the tyranny of fear and hopelessness around their bodied. Beautifully written, a joy to read, rich in both revelation and great humor".Ã¢â ¬Â• --"Anne Lamott, author of Grace (Eventually): Thoughts on Faith"Geneen Roth has written an extraordinary book - at once beautiful, moving, funny and searing. Most important, she gives us a practical way to use our bodies - along with some of the most difficult parts of our emotional lives - as gracious and transformative portals to our soul." --Rick Foster,

co-author of "Happiness & Wealth" and "How We Choose to Be Happy""Geneen Roth does it again! Women Food and God is absolutely mesmerizing. And loaded with insights which can change your life." --Chistiane Northrup, MD, ob/gyn physician and author of "Women's Bodies, Women's Wisdom" and "The Wisdom of Menopause""This is a hugely important work, a life-changer, one that will free untold women from the tyranny of fear and hopelessness around their bodied. Beautifully written, a joy to read, rich in both revelation and great humor"." --"Anne Lamott, author of Grace (Eventually): Thoughts on Faith

Geneen Roth is the author of ten books, including the New York Times bestsellers When Food Is Love, Lost and Found, and Women Food and God, as well as The Craggy Hole in My Heart and the Cat Who Fixed It. She has been teaching groundbreaking workshops and retreats for over thirty years and has appeared on numerous national shows, includingÃ Â The Oprah Winfrey Show,Ã Â 20/20, the TodayÃ Â show,Ã Â Good Morning America,Ã Â and The View. She lives in California with exaltations of hummingbirds, her husband, and Izzy the fabulous, eating-disordered dog. For more information about her work, please visit GeneenRoth.com.

If you are ready to give up the never ending battle with food and emotional eating, this is so worthwhile.

*****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. The type of eating practiced is intuitive eating (listening to your body to discern what it wants), and no matter what your way of eating, you can apply an intuitive approach to it--this book is about a way of living and relating to food, not about a food plan.If you have read the author's other books (as I have) you will find much new information here. Other key themes of the book include mindfulness, presence, and feeling your feelings. The author is brutal but honest in describing how destructive the dieting industry is to women. Again, this is definitely not a diet book or eating plan, but instead a way of experiencing life which allows you to be present and aware so that you are able to listen to your body and choose food based on nourishment and self-care.Although it is a quick read (I read it in one evening), this book is so valuable that you will want to refer back to it, highlight it for future reference, take notes in the margins, and use parts for journal prompts. There is only one negative, and it is a biggy: the paper in this hardback book is similar to super cheap mass market paperback-type paper. I have never seen an actual book of any type with such paper, though! I tried to highlight sections and the highlighter not only would bleed through to the reverse side of the page, but sometimes onto the previous page! It is hard to describe how frustrating this was---a book that is a true keeper on throw-away paper. I highlighted anyway and my book is a mess, but I decided to rebuy it on Kindle when it comes out. I've never done this before, but it's that good of a book--worth months (or maybe years) of therapy. I also would buy it again if it is reprinted (and I'll bet it will be) with a paper that matches the quality of the book.That flaw aside, I'm so glad I bought this book. I have read many, many books on overeating, diet and nutrition, self-help, styles of eating, and more, and this book stands apart from the crowd. The message is an important one for any woman who wants to handle her relationship with food, her weight, and her spirituality in a healthy way, and to become whole. If that is you, you will not be disappointed, I promise.Highest recommendation.*****

I recently saw Geneen Roth on Super Soul Sunday with Opera, so I bought the book. The book is worth reading, the one thing that resonated with me, that a lot of times when I'm eating I'm doing it mindlessly. So now I don't eat when I'm driving (the bagged snack I just bought). And, after I eat a reasonable amount, I check with myself.....am I still hungry? Most of the time it's no.....then I stop. The book also points out other reasons we're eating...bored, lonely, etc.....

Many years ago, I sought treatment for compulsive overeating and was told that if I wanted to stop obsessing about food 24/7, I'd have to allow myself to eat whatever I wanted and learn to listen to my body when it told me I was full. It was a message that changed my life and I lived that way for about 11 years, my weight consistent and low. A few years ago it seemed my metabolism slowed and I got back on the diet/healthy/food-obsession seesaw, and it is only upon reading this book that I am again fully committed to listening to what my body wants and needs. Women, Food and God is written like a dance - it's lyrical, passionate, and yet still makes so much logical sense. A diet tells my soul that I am not to be trusted around food, which is the opposite message that I am trying to engender. Thank you so much, Geneen Roth, for publishing this beautiful, truth-telling book, and reminding me that I already have all the wisdom I need.

I don't normal review books/products but for Geneen Roth I will make an exception. I had been trying to practice intuitive eating to free myself from the cycle of yo-yo dieting, but it wasn't until I read her books that I really was able to get to the root of the problem and understand what lead me to this trap of dieting. Both this book and "When Food is Love" blew my mind wide open and allowed me to connect with a part of myself that I had been stuffing down with food or dieting into submission for years. For anyone struggling with compulsive eating, yo-yo dieting, binge eating, and even eating disorders, I highly recommend ALL of Geneen's books. I don't want to say that she saved me, but she opened the door for me to begin saving myself.

For anyone who doesn't have a healthy relationship with food and had struggled with weight, thus book is for you. It was like Geneen Roth was in my head - the statements she made in this book about blew my mind and struck a cord with me. Would recommend highly to anyone looking for an explanation for why they behave the way they do with food.

Great book helping you to realize when you are making food basically your god, reducing all of life's problems to what's on your plate.

A very moving book that was part of-still is- of my weight loss journey, I reviewed Women, Food & God back in Feb, on my blog. Here is the link if you want to know more.(http://www.fairysredcolordiet.com/blog/women-food-and-god-by-geneen-roth)

Download to continue reading...

Women Food and God: An Unexpected Path to Almost Everything Food Truck Business: How To

Start Your Own Food Truck While Growing & Succeeding As Your Own Boss (Food Truck, Food Truck Business, Passive Income, Food ... Truck Startup, Food Truck Business Plan,) Almost Free Gold! [Revised June 2016]: How to Earn a Quick $1000 Finding Gold, Silver and Precious Metal in Thrift Stores and Garage Sales Where You Live (Almost Free Money Book 5) The Unexpected (Unexpected Series Book 1) Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook,Whole Food Recipes, Clean Eating, Paleo, Ketogenic) Dorset & South Devon Coast Path: (Sw Coast Path Part 3) British Walking Guide With 70 Large-Scale Walking Maps, Places To Stay, Places To Eat (Trailblazer: Sw Coast Path) Exmoor & North Devon Coast Path: (Sw Coast Path Part 1) British Walking Guide With 53 Large-Scale Walking Maps, Places To Stay, Places To Eat (British ... Exmoor & North Devon Coast Path Minehead) Prefabulous + Almost Off the Grid: Your Path to Building an Energy-Independent Home Search Inside Yourself: The Unexpected Path to Achieving Success, Happiness (and World Peace) Attract Women: Ã¢â ¬Å“HeyÃ¢â ¬Â• to Lay: The 7 Steps to Approaching Women, Unlocking Her AttractionÃ¢â ¬Â| and Her Legs (Dating Advice for Men on How to Approach Women and Attract Women) Attract Women: Be Irresistible: How to Effortlessly Attract Women and Become the Alpha Male Women CanÃ¢â ¬â„¢t Resist (Dating Advice for Men to Attract Women) Attract Women: Unlock Her Legs: How to Effortlessly Attract Women and Become the Man Women Unlock Their Legs For (Dating Advice for Men to Attract Women) God Talks to Me about Thankfulness - Children’s Book about Thank You - Thank You God - Catholic Children’s Books - God’s Word for Children, Happy ... Lord - Padded Hard Back (God Talks with Me) The Food Service Professional Guide to Controlling Restaurant & Food Service Operating Costs (The Food Service Professional Guide to, 5) (The Food Service Professionals Guide To) Babushka: Russian Recipes from a Real Russian Grandma: Real Russian Food & Ukrainian Food (Russian food, Russian recipes, Ukrainian food, Polish recipes) Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes) How to Fail at Almost Everything and Still Win Big: Kind of the Story of My Life How to Remember (Almost) Everything, Ever!: Tips, tricks and fun to turbo-charge your memory Almost Everything Yoga FAQ: Almost Everything You Need to Know about Yoga - from Asanas to Yamas

Contact Us

DMCA

Privacy