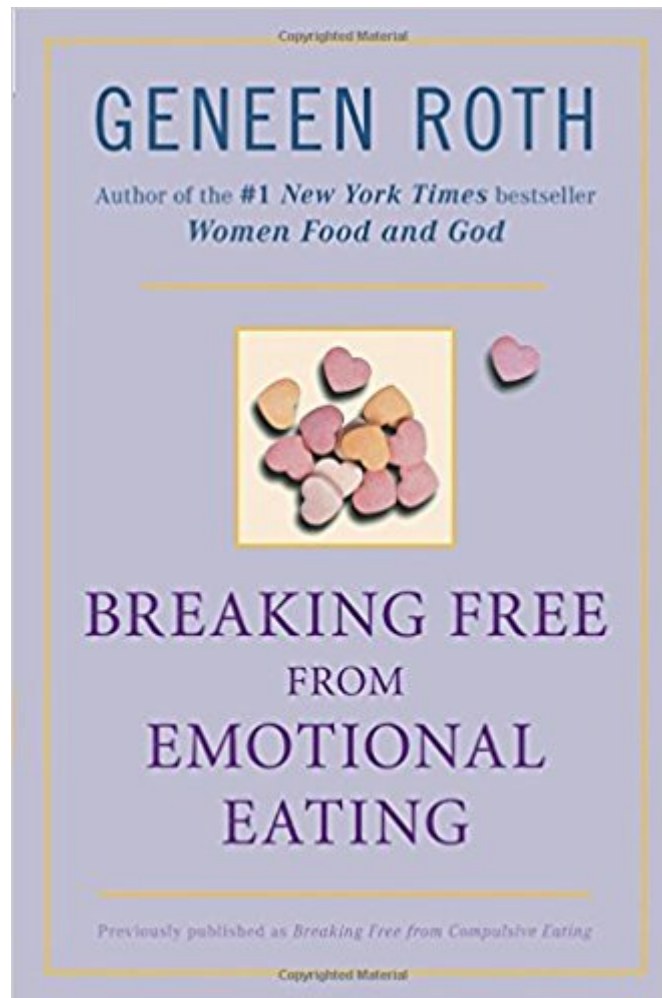




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Breaking Free From Emotional Eating



Synopsis

#1 *New York Times* bestselling author of *Women Food and God* There is an end to the anguish of emotional eating—and this book explains how to achieve it. Geneen Roth, whose *Feeding the Hungry Heart* and *When Food Is Love* have brought understanding and acceptance to tens of thousands of readers over the last two decades, here outlines her proven program for resolving the conflicts at the root of overeating. Using simple techniques developed in her highly successful seminars, she offers reassuring, practical advice on:

• Learning to recognize the signals of physical hunger

• Eating without distraction

• Knowing when to stop

• Kicking the scale-watching habit

• Withstanding social and family pressures And many more strategies to help you break the binge-diet cycle—forever.

Book Information

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Customer Reviews

Praise for *When Food is Love* "A life-changing book." —Oprah "A rare and special book that touches our inner selves with extraordinary courage, authenticity, and beauty. I have seen very few books with this kind of clarity and human depth. It will move you to tears and to joy. It will entertain and delight you, and it will make you a deeper and more compassionate human being." —John Robbins, author of *Diet for a New America* "SPECTACULAR! I laughed and I cried. . . a tender and daring book that

you'll never forget. • Laura Davis, co-author of *The Courage to Heal* "I SEE MIRACLES IN MY LIFE EVERY DAY, AND ROTH IS ONE OF THE PEOPLE WHO HELPED MAKE THAT HAPPEN. • #1 New York Times bestselling author Anne Lamott in *Mademoiselle* "When Food is Love is Roth's seminal work. This is a big, beautiful, and important book. I cannot say enough about it. I hope everyone reads it. • Natalie Goldberg, author of *Writing Down the Bones* "She tells of her own experiences with a non-blink frankness cushioned by the gracefulness of her prose. • Chicago Tribune "This book is A) good enough to eat, B) nourishing to the heart. • Jack Kornfield, Buddhist teacher, co-author of *Seeking the Heart of Wisdom*

Geneen Roth is a writer and a teacher who has gained international prominence through her work in the field of eating disorders. She is the founder of the Breaking Free workshops, which she has conducted nationwide since 1979. She is also the author of *Feeding the Hungry Heart*, *Breaking Free from Compulsive Eating*, and *When Food is Love*. A frequent guest on television and radio programs, she has written for and been featured in *Tie, Ms., New Woman, Family Circle*, and *Cosmopolitan*. Her poetry and short stories have been published in numerous anthologies. Born in New York City, she now lives in northern California.

Still working through this one. Again an easy read for me and the author gives good information to assist the reader in determining what emotional eating is and how to help you through the rough spots of emotional eating.

Well written, good info, easy to read...I love Geneen Roth's books...have read 4 of them now. They will be on my shelf for a long time for many re-reads.

My wife is enjoying reading this book. She can relate to much of what is written and has learned a few tips.

I am reading this over time and letting it sink in. It has really given me insight into how I relate to food and why I do what I do when I eat. I would definitely recommend it to someone who eats more than they need and doesn't really know why. Geneen Roth is right when she writes that a diet never addresses this issue and so it can't really work long term. Good book that gives you a lot to think

about. Read it more than once.

I usually wait until I've finished a book before I review it. But I'm too excited about this one! In 90 pages (fewer, really) Geneen Roth brilliantly broke down my whole lifelong obsession with food. After incorporating her changes, I have made peace with food. I let it talk TO me, not FOR me. And I'm happier about my eating habits than I have been in years! Last year, I joined Weight Watchers. And initially, I loved that I could eat what I wanted as long as I was accountable. I lost 17 pounds and found the meetings inspiring. Then something happened. I became more food obsessed than ever! At breakfast, I was thinking about dinner. On Wednesday, I was thinking about what I'd eat over the weekend. Saving points for a couple of drinks. Planning ahead for a dinner date. It was driving me crazy and making me feel like a failure and a weakling when I didn't stay within my points! This book really calmed me down in no time flat. And it made me realize that, when left to my own devices and allowing myself to eat what I really wanted, I didn't always want pizza, burgers and fries! This is still shocking to me! :) I feel free now. I think about what to eat when my body tells me it's hungry. Not by the "points" I have yet to use. And not by the fat or carb content. I think WW is a great program. And I have learned things that I will continue to use for a long time. But for a foodie like me, Geneen's way makes so much more sense. I love, love, love this book!

I've read several diet books in my time and while most of them were educational to some extent, none spoke to me on the level that this book does. Many of the anecdote's Geneen Roth has included in her book are seemingly taken directly from the pages of MY life. Her encouraging dialog has let me realize that I am not alone and more importantly has helped me start to transform how I eat and more importantly view food. For anyone who is an emotional eater, who sneaks food, who binges or engages in other similar activities, this easy to read book is worth a look. It could help you better understand your motivations and enable the changes you want, but feel you can't make.

Great insights into the underlying causes of my emotional eating with concrete solutions I could start applying immediately. It was reassuring to know i am not alone in this struggle. Excellent resource.

It may sound corny, but this book really did change my life. I was knee-deep in a seven-year-long binge/starve cycle. My life had passed me by and I was numb to everything, only being able to think and obsess about eating constantly. When I remember those times, I am amazed. A couple of years ago, I wouldn't have been able to even fathom imagining I could recover, or change, or that I would

one day start to live again. I just reread this book one full time through again-- I usually refer to certain chapters at certain points in my life, but I found myself completely pulled back into compulsion recently-- and once again, this book helped me save myself. Geneen Roth is inspiring and-- dare I say?-- caring. She speaks to the reader with deep empathy as someone who has been there and truly wishes to help. This book taught me to do the daring thing I had never considered before-- love and value myself. To learn to eat when I was hungry. It sounds so simple to someone who may not struggle with food, but that's what this book does. It teaches you how to eat when you are hungry and it affirms that you are worthy. It is a beautiful book, raw in its empathy and emotion. Granted, it may not help everyone. Every person is different. But I daresay it will help many, and it certainly helped-- that's an understatement-- me.

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