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Women Food and God: An Unexpected Path to Almost Everything

By Geneen Roth

Simon Schuster Ltd, United Kingdom, 2011. Paperback. Book Condition: New. 194 x 130 mm. Language: English . Brand New Book. Millions of us are locked into an unwinnable weight game, as our self-worth is shredded with every diet failure. Combine the utter inefficacy of dieting with the lack of spiritual nourishment and we have generations of mad, ravenous self-loathing women. So says Geneen Roth, in her life-changing new book, Women, Food and God. Since her 1991 bestseller, When Food Is Love, was published, Roth has taken the sum total of her experience and combined it with spirituality and psychology to explain women's true hunger. Roth's approach to eating is that it is the same as any addiction - an activity to avoid feeling emotions. From the first page, readers will be struck by the author's intelligence, humour and sensitivity, as she traces the path of overeating from its subtle beginnings through to its logical end. Whether the drug is booze or brownies, the problem is the same: opting out of life. She powerfully urges readers to pay attention to what they truly need - which cannot be found in a supermarket. She provides seven basic guidelines for...



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Reviews

Merely no words to spell out. It is amongst the most awesome publication i have read. Your life span will likely be transform as soon as you full reading this book.

-- **Marvin Okuneva**

Completely among the best publication I have got at any time go through. I have got go through and so i am confident that i will likely to read again once more down the road. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Zachery Mertz**

Other Books



Read Write Inc. Phonics: Yellow Set 5 Storybook 7 Do We Have to Keep it?

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 211 x 101 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read Write Inc. Set 1 and 2 sounds....



Becoming Barenaked: Leaving a Six Figure Career, Selling All of Our Crap, Pulling the Kids Out of School, and Buying an RV We Hit the Road in Search Our Own American Dream. Redefining What It Meant to Be a Family in America.

Createspace, United States, 2015. Paperback. Book Condition: New. 258 x 208 mm. Language: English . Brand New Book ***** Print on Demand *****.This isn't porn. Everyone always asks and some of our family thinks it is for sure, but it's not....



Weebies Family Halloween Night English Language: English Language British Full Colour

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Talking Digital: A Parent's Guide for Teaching Kids to Share Smart and Stay Safe Online

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their online interactions, the good and the bad,...



A Parent's Guide to STEM

U.S. News World Report, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.This lively, colorful guidebook provides everything you need to know to help your child get inspired, succeed...



Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age

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