

iqamt [Free PDF File] Eating in the Light of the Moon: How Women Can Transform Their Relationship with Food Through Myths, Metaphors, and Storytelling

CONTINUE ►

Weaving a rich tapestry of multicultural myths, ancient legends, and simple folktales, Anita Johnston, PhD, inspires women to free themselves from disordered eating by discovering the metaphors that are hidden in their own life stories. "Storytellers speak in the language of myth and metaphor," Johnston explains. "They tell us a truth that is not literal but symbolic. If we hear the stories with only the outer ear, they can seem absurd and untrue, but when listened to with the inner ear, they convey a truth that can be understood and absorbed on a deeply personal level. In this way stories help us connect with our inner world, to the natural rhythms and cycles of the earth, and to the power of our intuitive wisdom." An immensely enjoyable book, *Eating in the Light of the Moon* is filled with practical exercises and profound insights. Twenty chapters explore different themes of self-discovery and empowerment on core issues such as intuition, symbolism, feelings, sexuality, and recovery.

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