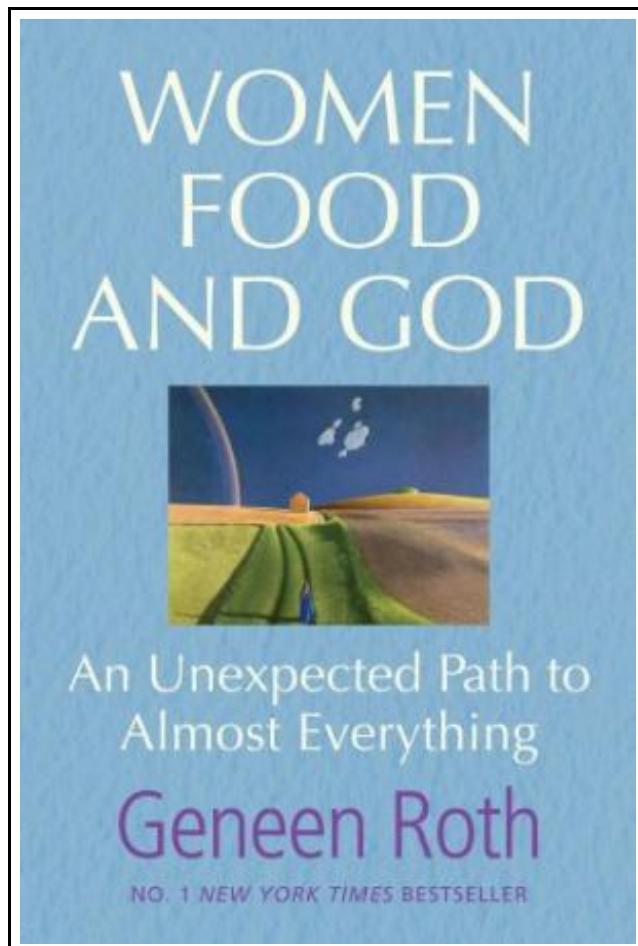


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Simon Schuster Ltd, United Kingdom, 2011. Paperback. Book Condition: New. 194 x 130 mm. Language: English . Brand New Book. Millions of us are locked into an unwinnable weight game, as our self-worth is shredded with every diet failure. Combine the 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 eating (the most important is to never diet) and shares reassuring, practical advice that has helped thousands of women who have attended her highly successful seminars. Truly a thinking woman s guide to eating - and an anti-diet book - women everywhere will find insights and revelations on every page.



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