



Breaking Free from Emotional Eating

By Geneen Roth

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#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.

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Editorial Review

Review

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**

About the Author

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.

Users Review

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Carrie Francis:

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