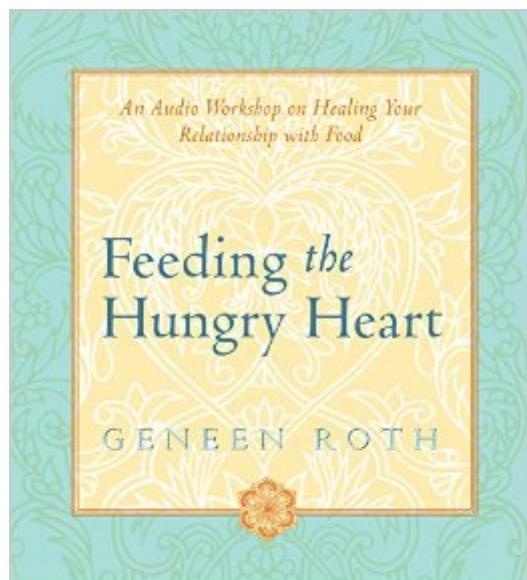


The book was found

Feeding The Hungry Heart: The Experience Of Compulsive Eating



Synopsis

Why do we eat too much? Because we are hungry-but not for more food. On Feeding the Hungry Heart, you will learn how a deep internal hunger for self-respect and fulfillment often translates into compulsive eating. Geneen Roth- a "no more diets pioneer" for more than 15 years-has helped thousands of women look at the real truth about the unconscious motivations that can lead to distorted eating patterns. Diets fail to work, Roth says, because they treat the symptoms of overeating, not the real problems. By looking at childhood programming, and learning to pay attention to what your body really needs, you can restore balance in your life, and heal at the deepest level. Feeding the Hungry Heart has helped a generation of women live diet-free by encouraging them to replace overeating with self-awareness and compassion. This live recording documents many exercises, visualizations, and Roth's powerful "Four Principles for Breaking Free" eating guidelines. Includes study booklet.

Book Information

Audio CD

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Product Dimensions: 5.3 x 5.7 x 0.6 inches

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Average Customer Review: 4.7 out of 5 starsÂ See all reviewsÂ (6 customer reviews)

Best Sellers Rank: #826,201 in Books (See Top 100 in Books) #102 inÂ Books > Books on CD > Health, Mind & Body > Fitness #419 inÂ Books > Books on CD > Health, Mind & Body > General #948 inÂ Books > Books on CD > Health, Mind & Body > Personal Growth

Customer Reviews

I was looking for the audiobook of Geneen's book of a similar title and ended up instead with this recording of a workshop she did at one time or another. I don't enjoy the "live format" and listening to people who were at the workshop sobbing through their pain, or sitting by while Geneen brings them through guided imagery with harp music in the background. It makes me feel like an interloper at someone else's private session. I suppose it may have been my fault for clicking on the wrong item when purchasing this cd set; but should more clearly mark these items that are titled so closely. There is some good information here; however, I would much rather be listening to a book.

Seems like I've tried every diet ever conceived! I rarely find new ideas, but this book is full of them! Some positive life changes happened immediately after listening to the audio book version, some happened more subtly later. I wish all of Geneen's books were available via audio book because my "me time" usually occurs during my long daily commute.

I started reading Geneen Roth's Women Food and God and have read all of her books since then. I keep Feeding the Hungry Heart in my car and it really is my personal favorite. Cheers to Geneen.

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