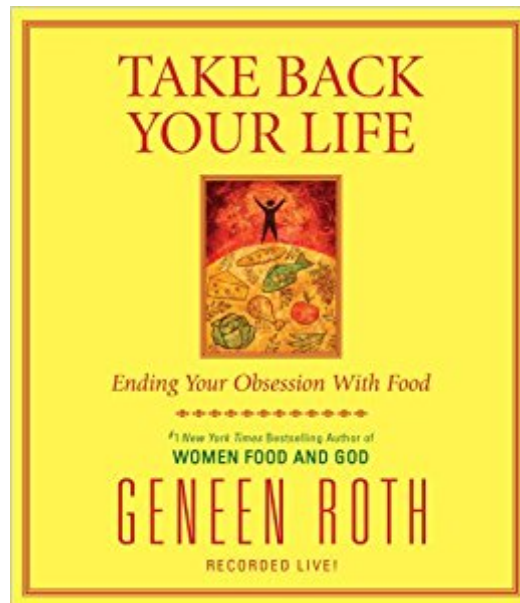




Ebook Directory
the best source of ebook

The book was found

Take Back Your Life: Ending Your Obsession With Food



Synopsis

An original audio program from #1 New York Times bestselling author, Geneen Roth! Drawing from live recordings of her most popular lectures and workshops, Geneen Roth's *Take Back Your Life* eloquently and compassionately addresses the underlying causes of emotional eating patterns and the process of turning what many of us consider to be our worst problem into our greatest opening. Since the way we eat is the way we live, what we do with food is an opportunity to wake up to the entire rest of our lives. Geneen takes us step-by-step through the seven Eating Guidelines, with glimpses of the profound changes that come when we follow them. And through the Inquiry process, we learn how to actually feel our feelings instead of numbing them with food. Geneen also leads us in a deeply revealing visualization to help us drop below the continual chatter of our busy minds to a direct experience of presence and clarity. Unavailable in book form, *Take Back Your Life* can serve as both a powerful introduction to the life-changing ideas of Geneen Roth, or a practical complement to her bestselling books *Women Food and God* and *Lost and Found*.

Book Information

Audio CD: 2 pages

Publisher: Simon & Schuster Audio; Unabridged edition (June 21, 2011)

Language: English

ISBN-10: 1442344857

ISBN-13: 978-1442344853

Product Dimensions: 5 x 0.5 x 5.8 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 8 customer reviews

Best Sellers Rank: #941,397 in Books (See Top 100 in Books) #30 in Books > Books on CD > Cooking, Food & Wine #850 in Books > Health, Fitness & Dieting > Mental Health > Eating Disorders #881 in Books > Books on CD > Health, Mind & Body > Self Help

Customer Reviews

Geneen Roth is the author of ten books, including the New York Times bestsellers *When Food Is Love*, *Lost and Found*, and *Women Food and God*, as well as *The Craggy Hole in My Heart* and *The Cat Who Fixed It*. She has been teaching groundbreaking workshops and retreats for over thirty years and has appeared on numerous national shows, including *The Oprah Winfrey Show*, *20/20*, the *Today* show, *Good Morning America*, and *The View*. She lives in

California with exaltations of hummingbirds, her husband, and Izzy the fabulous, eating-disordered dog. For more information about her work, please visit GeneenRoth.com. Geneen Roth is the author of ten books, including the New York Times bestsellers *When Food Is Love*, *Lost and Found*, and *Women Food and God*, as well as *The Craggy Hole in My Heart* and *the Cat Who Fixed It*. She has been teaching groundbreaking workshops and retreats for over thirty years and has appeared on numerous national shows, including *The Oprah Winfrey Show*, *20/20*, the *Today* show, *Good Morning America*, and *The View*. She lives in California with exaltations of hummingbirds, her husband, and Izzy the fabulous, eating-disordered dog. For more information about her work, please visit GeneenRoth.com.

I enjoy Geneen Roth's "Women, Food and God" and "Lost and Found" and without knowing what I was getting, I blindly ordered "Take Back your Life". It is presented in more of a seminar format than a book and I would not recommend it to anyone who has not already read or listened to "Women, Food and God". I liked it but find that I prefer information presented in book format. I don't enjoy seminar format unless I'm actually attending the seminar! I purchased this used and am well pleased with the quality of the CDs.

THANK YOU GENEEN ROTH!!!! Seriously, if you struggle with body image issues and compulsive eating, then you NEED to buy this. It has changed my life!

I have seen Geneen Roth live and paid quite a bit of money to do so. This disc is a terrific way for people to have a less expensive way to experience Geneen's insights into why we eat. The quality is top notch.

So glad I bought this.

All around good book.

great

Geneen Roth's books have resonated with me and I've tremendously benefitted from her insights into emotional eating. Her eating guidelines and other practices offer a tangible path forward. However, I did not find that this cd offered anything in addition to a cursory overview of her books.

Much much better is her 6 cd set "Food is food and Love is Love", which offers in-depth explanations of principles behind emotional eating, the guidelines, and her suggested practices.

Exactly as described A+++

[Download to continue reading...](#)

Take Back Your Life: Ending Your Obsession With Food Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Food Truck Business: How To Start Your Own Food Truck While Growing & Succeeding As Your Own Boss (Food Truck, Food Truck Business, Passive Income, Food ... Truck Startup, Food Truck Business Plan,) Obsession: First Four Books In The Billionaire's Obsession Series The Billionaire's Obsession: The Complete Collection Boxed Set (Mine For Tonight, Mine For Now, Mine Forever, Mine Completely) (The Billionaire's Obsession series Book 1) Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook, Whole Food Recipes, Clean Eating, Paleo, Ketogenic) The World Food Problem, 5th ed.: Toward Understanding and Ending Undernutrition in the Developing World The World Food Problem: Toward Ending Undernutrition in the Third World You Are Not Your Brain: The 4-Step Solution for Changing Bad Habits, Ending Unhealthy Thinking, and Taking Control of Your Life Going Against GMOs: The Fast-Growing Movement to Avoid Unnatural Genetically Modified Foods to Take Back Our Food and Health Going Against GMOs Call-to-Action Special Edition: The Fast-Growing Movement to Avoid Unnatural Genetically Modified Foods to Take Back Our Food and Health The Psychology of Abusive Relationships: How to Understand Your Abuser, Empower Yourself, and Take Your Life Back The Food Service Professional Guide to Controlling Restaurant & Food Service Operating Costs (The Food Service Professional Guide to, 5) (The Food Service Professionals Guide To) Babushka: Russian Recipes from a Real Russian Grandma: Real Russian Food & Ukrainian Food (Russian food, Russian recipes, Ukrainian food, Polish recipes) Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes) Minimalism vs. Consumerism: Finding the right balance to take your life back! Take Back Your Life: Find Hope And Freedom From Fibromyalgia Symptoms And Pain Take Your Life Back: How to Stop Letting the Past and Other People Control You Getting Free: You Can End Abuse and Take Back Your Life (New Leaf) Beat Procrastination: Proven Methods for Motivation, Productivity, and Getting Things Done!: No Psychological theory, just simple solution to help you beat procrastination and take your

life back!

Contact Us

DMCA

Privacy

FAQ & Help