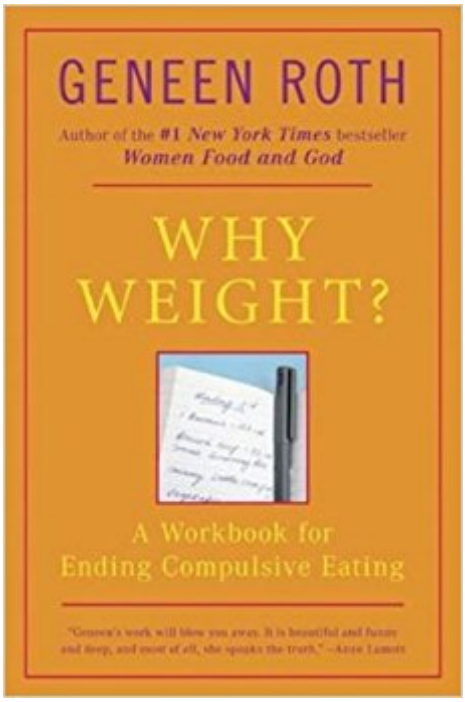
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Why Weight? A Guide To Ending Compulsive Eating



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Synopsis

#1Ã Â New York TimesÃ Â bestselling author ofÃ Â Women Food and GodWith the publication of her ground-breaking books, Feeding the Hungry HeartÃ Â and Breaking Free From Compulsive Eating, Geneen Roth has helped hundred of thousands of people win their battle against the destructive binge-diet cycle. Now this remarkable companion workbook shows compulsive eatersÃ¢â ¬â •in a constructive, non-judgmental wayÃ¢â ¬â •how to stop using food as a substitute for handling difficult emotions or situations Ã¢â ¬Â¦ and how to enjoy eating and still lose weight naturally. By using the liberating exercises and techniques developed by Geneen Roth in her highly succesful Breaking FreeÃ Â® workshops, dieters, who've tried every conceivable dietÃ¢â ¬â •losing weight again and again, only to gain it backÃ¢â ¬â •and bingers, who are harming their health, can learn wholesome, beneficial ways to achieve their goals. This proven program offers reassuring guidlines on:Ã Â Ã Â Ã Â Ã Â Ã¢â ¬Â¢Ã Â Letting food become a source of pleasure rather than anxietyÃ Â Ã Â Ã Â Ã¢â ¬Â¢Ã Â Kicking the scale-watching the habitÃ¢â ¬â •forever!Ã Â Ã Â Ã Â Ã¢â ¬Â¢Ã Â Recognizing the difference between physical and emotional hungersÃ Â Ã Â Ã Â Ã¢â ¬Â¢Ã Â Learning to say noÃ Â Ã Â Ã Â Ã¢â ¬Â¢Ã Â Listening to, and trusting, your body's hunger and fullness signalsÃ Â Ã Â Ã Â Ã¢â ¬Â¢Ã Â Distinguishing "forbidden foods" from those you truly wantÃ Â Ã Â Ã Â Ã¢â ¬Â¢Ã Â Uncovering the conflicts that stand between your desire to lose weight and your urge to eat compulsivelyÃ Â Ã Â Ã Â Ã¢â ¬Â¢Ã Â Discovering other pleasures besides food

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Customer Reviews

Ã¢â ¬Å“GeneenÃ¢â ¬â„¢s work will blow you away. It is beautiful and funny and deep, and most of all, she speaks the truth.Ã¢â ¬Â•Ã¢â ¬â •Anne Lamott, #1 New York Times bestselling author of Small Victories; Stitches; Help, Thanks, Wow; Some Assembly Required; Grace (Eventually); Plan B; and Traveling MerciesPraise forÃ Â When Food is LoveÃ¢â ¬Å“A life-changing bookÃ¢â ¬Â•Ã¢â ¬â •Oprah WinfreyÃ¢â ¬Å“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 clarify 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.Ã¢â ¬Â•Ã¢â ¬â •John Robbins, author ofÃ Â Diet for a New AmericaÃ Â Ã¢â ¬Å“Spectacular! I laughed and I criedÃ¢â ¬Â¦ a tender and daring book that youÃ¢â ¬â„¢ll never forget.Ã¢â ¬Â•Ã¢â ¬â •Laura Davis, coauthor ofÃ Â The Courage to HealÃ Â Ã¢â ¬Å“I see miracles in my life every day, and Roth is one of the people who helped make that happen.Ã¢â ¬Â•Ã¢â ¬â •#1Ã Â New York TimesÃ Â bestselling author Anne Lamott inMademoiselleÃ Â Ã¢â ¬Å“RothÃ¢â ¬â„¢s seminal work. This is a big, beautiful, and important book.Ã¢â ¬Â•Ã¢â ¬â •Natalie Goldberg, author ofÃ Â Writing Down the BonesÃ Â Ã¢â ¬Å“She tells of her own experiences with a non-blink frankness cushioned by the gracefulness of her prose.Ã¢â ¬Â•Ã¢â ¬â •Chicago TribuneÃ Â Ã¢â ¬Å“This book is A) good enough to eat, B) nourishing to the heart.Ã¢â ¬Â•Ã¢â ¬â •Jack Kornfield, Buddhist teacher, coauthor ofÃ Â Seeking the Heart of Wisdom

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.

If you have gone beyond complaining about being overweight or wondering why you eat more than you want to, this can be a valuable tool for you. It has many exercises to help you unravel the Gordian knot most of us have about eating. I’m about two-thirds through the book (and am on

exercise #70) but have already had shifts and improvements in my eating.Every book by Geneen Roth is well written and enjoyable, but know that just reading this particular one without doing the exercises will not do that much for you. But if you're willing to put the time and effort into the exercises, a lot of your eating behavior will become clear. With the clarity comes a new degree of choice about what to eat and how much and when (versus compulsion or automatic, mindless eating). Please note that this is not a magic wand, making things (even with a sudden insight) change. Some simple behaviors are suggested but still unobtainable by me, but some things have shifted, and for that I am grateful to Geneen Roth and this book of hers.Let me give you some personal examples. I am still unfocused while eating (the TV or computer is on, for example) but some foods I seemed to shovel down are no longer a problem. The book has helped me discover why certain foods used to trigger me to eat irrationally (pizza, ice cream, and cookies due, in my case, to childhood associations of these foods with family and love). I used to resist buying any of these, but I did succumb every now and then. And then I'd almost always wind up devouring the entire package (regardless of size) within hours, even if I had told myself THIS time I'd eat only a portion. I never really enjoyed the foods while eating them but somehow found myself dipping in again and again until the container was empty.The exericse helped defuse the compulsion by helping me identify the assocation and helping me realize that it's the feelings and not the food itself I actually I want. (This still amazes me and it's now about two months since I had the insight and things shifted.) Now I can walk down the frozen food aisle of the supermarket, notice an incredible sale on ice cream or frozen pizza and not even open the freezer door. Since doing the exercise, a few times I've stopped at a pizzeria for a slice. Although the pizza itself is much better than the frozen, the longing/compulsion has vanished. Last night I was offered a bowl of ice cream at a friend's house. I paused and almost declined. I had a small bowl and (again, to my surprise) found I felt satisfied (versus my former response of wanting to sneak a second bowl, too). As for cookies, I still like them. The difference is now buy a three or four at a bakery occasionally and feel satisfied and happy. (Before using the book I'd occasionally buy a bag in the supermarket, invariably eat more than I intended to and then feel bad emotionally and physically).This book can deliver results in terms of giving you tools and insights and the power to change formerly baffling behaviors, but only if you do the work.

This book was the gateway book for me to real weight loss and health. I finally felt like I was reading someone who understood the "why" of my overeating, even if I didn't. Enabled my eyes to be opened to eating in a way that expresses love for myself.

Geneen Roth has a technique where we stop judging ourselves and start loving ourselves. To stop hiding our desire to eat from others because this is a form of negative shame. Instead, we should focus on what we eat, stop and just enjoy it. We usually eat less and we do enjoy the experience. We should not eat when stressed, and we should take the time to examine what we really want. Be it emotional or food.

Perfect

I love Geneen Roth and her approach to diet and eating disorders. She has a great grasp (from experience) of what it takes to overcome the vicious cycle of compulsive eating. I would recommend this book to anyone facing this problem.

Great!

A good read, as expected from Geneen Roth. Very similar ideas to her other books, but if you aren't familiar with her stuff or want more, this is a great one to pick up.

great book

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