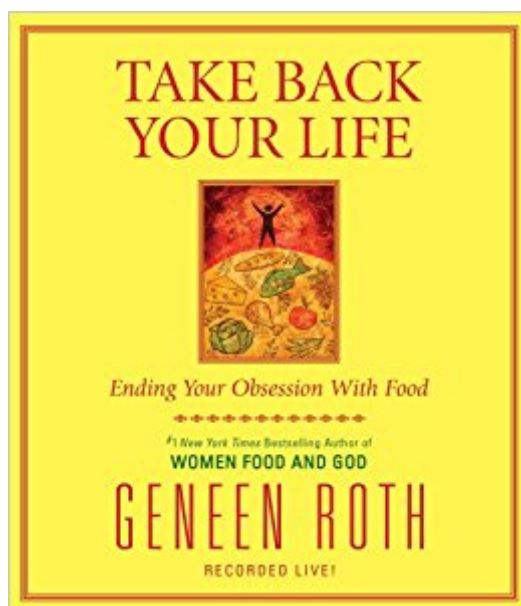


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Take Back Your Life: Ending Your Obsession With Food



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

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Cooking, Food & Wine #613 in Books > Health, Fitness & Dieting > Mental Health > Eating

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Customer Reviews

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.

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!! purchased this used and am well pleased with the quality of the CDs.

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 your why we eat. The quality is top notch.

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!

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