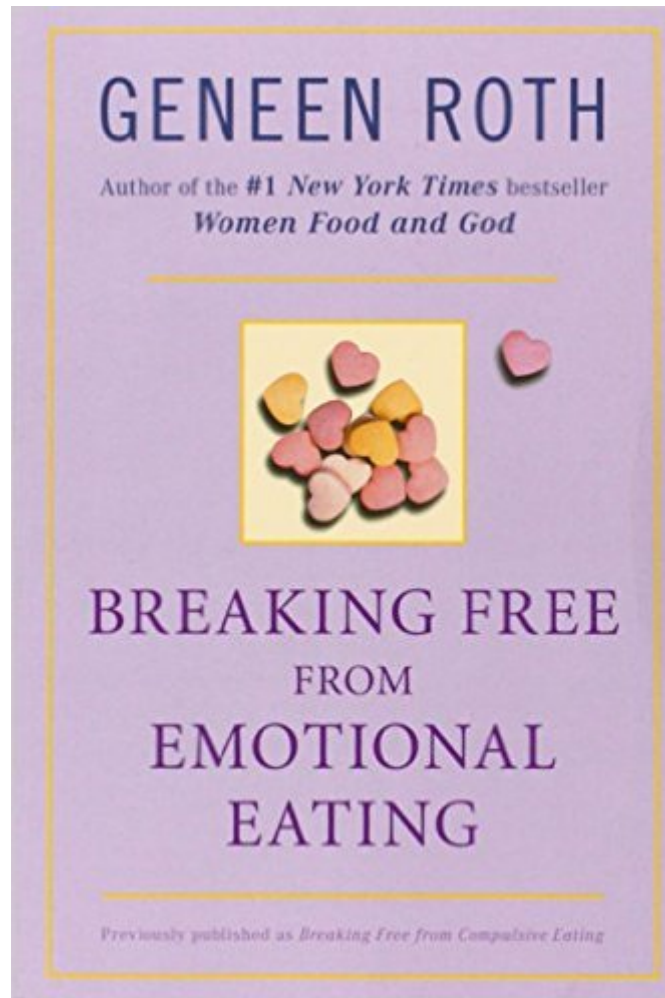


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# Breaking Free From Emotional Eating



## Synopsis

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.

## Book Information

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## Customer Reviews

This book changed my life in all the ways I was longing for it to be changed. I read Geneen's work in the middle of my eating disorder. I didn't begin using it right away because I didn't trust it. I didn't like it. I didn't think it would work. It does. Different approaches work for different people. I think this worked for me because, deep down Geneen's philosophy is in accordance with my own. I wanted to be my own authority. I wanted it bad enough to give this a try. I didn't tell myself I had to do this forever. I didn't have blind faith. I also didn't give up on it in the first three months. I gave myself a year to decide. A year, where I promised myself I wouldn't diet. A year in which to work through every exercise I reasonably could. In addition to committing to this book, I continued seeing a therapist on a weekly basis. That helped, but this book is what ultimately gave me coping tools. I know that I was in the extreme, not everybody needs as much help as I did. I also know that distorted eating is very normal in this culture. I feel blessed to have been able to examine something so fundamental, and transform what was a problem to a benefit. I've read all of Ms. Roth's books

and enjoyed each of them. This one has a great combination of explaining and exercises to do, which is why I chose it. However, the chapters are widely divergent in terms of work. Her other book "Why Weight" appears to be the same exact work better organized, but less expository. If you are unsure if this work is for you, buy or borrow "Breaking Free". If after reading through it you feel excited but overwhelmed by the work load, you may wish to try "Why Weight" as a work book. I rarely review books. I chose to review this one because it was life changing, and a big risk. Hopefully my experience is of some help.

This book completely transformed my view of food. It truly is all in our perspective of how we look at a situation and Geneen Roth helps us to love ourselves, truly. She describes her own pain and suffering with compulsive eating and allows us to remember that there are many other women out there feeling the same way. I read this book for the first time when I was sixteen and was able to stop bingeing for a year! Now, I am rereading it at 19, after going through a hard time, and once again practicing her teachings. I love her. She is such a wonderful inspiration and has completely changed my life.

I usually wait until I've finished a book before I review it. But I'm too excited about this one! In 90 pages (fewer, really) Geneen Roth brilliantly broke down my whole lifelong obsession with food. After incorporating her changes, I have made peace with food. I let it talk TO me, not FOR me. And I'm happier about my eating habits than I have been in years! Last year, I joined Weight Watchers. And initially, I loved that I could eat what I wanted as long as I was accountable. I lost 17 pounds and found the meetings inspiring. Then something happened. I became more food obsessed than ever! At breakfast, I was thinking about dinner. On Wednesday, I was thinking about what I'd eat over the weekend. Saving points for a couple of drinks. Planning ahead for a dinner date. It was driving me crazy and making me feel like a failure and a weakling when I didn't stay within my points! This book really calmed me down in no time flat. And it made me realize that, when left to my own devices and allowing myself to eat what I really wanted, I didn't always want pizza, burgers and fries! This is still shocking to me! :) I feel free now. I think about what to eat when my body tells me it's hungry. Not by the "points" I have yet to use. And not by the fat or carb content. I think WW is a great program. And I have learned things that I will continue to use for a long time. But for a foodie like me, Geneen's way makes so much more sense. I love, love, love this book!

I have had problems with emotional eating/binge eating on and off for over 15 years. Geneen Roth

shares her struggle with emotional eating and as you are reading you feel as if you are not alone. That many other people share your struggle and there is help. This book is based on her workshops with exercises but mainly deep reading that really gets you to re-set how you think about yourself. I have and I do recommend this book.

It may sound corny, but this book really did change my life. I was knee-deep in a seven-year-long binge/starve cycle. My life had passed me by and I was numb to everything, only being able to think and obsess about eating constantly. When I remember those times, I am amazed. A couple of years ago, I wouldn't have been able to even fathom imagining I could recover, or change, or that I would one day start to live again. I just reread this book one full time through again-- I usually refer to certain chapters at certain points in my life, but I found myself completely pulled back into compulsion recently-- and once again, this book helped me save myself. Geneen Roth is inspiring and-- dare I say?-- caring. She speaks to the reader with deep empathy as someone who has been there and truly wishes to help. This book taught me to do the daring thing I had never considered before-- love and value myself. To learn to eat when I was hungry. It sounds so simple to someone who may not struggle with food, but that's what this book does. It teaches you how to eat when you are hungry and it affirms that you are worthy. It is a beautiful book, raw in its empathy and emotion. Granted, it may not help everyone. Every person is different. But I daresay it will help many, and it certainly helped-- that's an understatement-- me.

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