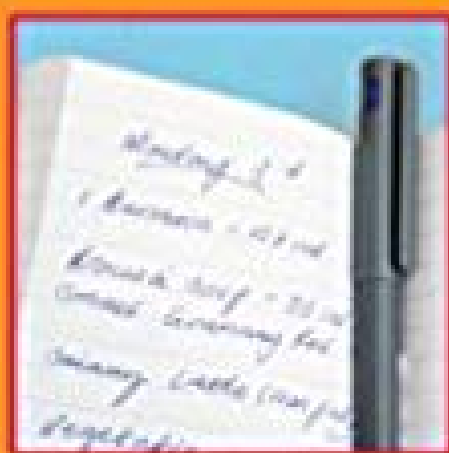


# GENEEN ROTH

Author of the #1 *New York Times* bestseller  
*Women Food and God*

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## WHY WEIGHT?



## A Workbook for Ending Compulsive Eating

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"Geneen's work will blow you away. It is beautiful and funny and deep, and most of all, she speaks the truth." – Anne Lamott

Geneen Roth

## Why Weight? A Guide to Ending Compulsive Eating



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#1 New York Occasions bestselling author of and bingers, who are harming their health, may learn wholesome, beneficial ways to achieve their goals. Today this amazing companion workbook shows compulsive eaters how exactly to stop using food as an alternative for handling difficult feelings or situations By using the liberating exercises and techniques developed by Geneen Roth in her extremely succesful Breaking Free slimming down again and again, only to gain it back and Breaking CLEAR OF Compulsive Eating, Geneen Roth has helped hundred of a large number of people gain their fight against the destructive binge-diet cycle. forever! Letting food become a source of satisfaction instead of anxiety Recognizing the difference between physical and emotional hungers Kicking the scale-viewing the habit workshops, dieters, who've tried each and every conceivable diet and how to enjoy eating and still lose weight normally. in a constructive, non-judgmental way Learning to say no Hearing, and trusting, your own body's hunger and fullness signals Distinguishing "forbidden foods" from those you truly want Females Food and GodWith the publication of her ground-breaking books, Feeding the Hungry Heart Uncovering the conflicts that stand in the middle of your desire to lose weight and your urge to consume compulsively This proven plan gives reassuring guidelines on: Discovering other pleasures besides food



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This is the book to get I'm an emotional eater, and I got onto Amazon searching for a good book to help me through it. Fortunately, something by Geneen Roth captured my attention and in the reading samples, I saw that she is incredibly insightful and compassionate. After analyzing many of her titles, I chose I needed an action-oriented book so chose this workbook. I'm really glad about this decision. Ms Roth-How about helping show people what their body NEEDS and rather than telling them to basically consume until they are happy, help explain appropriate portions. The chapters are long and the exercises, several. Therefore after filling my senses using what I was carrying out, instead of using food as a vehicle for numbing out, I didn't need more and I didn't feel like bingeing. I really wanted to distract myself with reading and area out. I haven't even started the coloring book yet. Eh, about eight pounds. With the Kindle edition, obviously you can't straight reproduce charts, nevertheless, you find the exercise questions and directions are clear enough that you don't lean on the graphic variations. Real life example of this book at the job: Yesterday I had an awful day and because We read this book, I consciously decided to make spaghetti carbonara - the best dish - instead of bingeing on cookies. Then I sat right down to consciously eat each bite - and it had been hard to do that! You want a workbook that helps you \*work through\*. But while closing my eyes, I possibly could really go through the food and also felt pretty satisfied halfway through the bowl. This is good, because you do not wish a rehashed lecture in quickie trade paperback type. This book made that happen and I believe it'll continue having that sort of positive effect. Do you want to carry out anything to lose weight? If you are ready to do anything to lose weight, then you'll be willing to sit down and carry out these exercises. To stop hiding our desire to eat from others because this is a form of negative shame. We had this publication for over a 12 months before We started using it. Initially I just did one or two of the exercises because I couldn't sleep. Great! I am been trained in nourishment and metabolism and have given and received extensive counseling myself. But accurate. The truth may come up. You might not like it originally, but it is most likely one of those sneaky items in the rear of your head which has been sabotaging your fitness and excess weight loss plans. Luckily I love and appreciate him more now, and I have one less factor pulling me to remain "safe" and over weight. Roth preaches, fundamentally instruct you to do exactly what you aren't EQUIPPED to do- to instinctively understand "what your body wants, how much, so when". Beware, though. THEREFORE I had to take a longer, deeper appearance at my relationship. For instance, I recognized that I must say i did have a substantial fear about getting very much thinner, because my partner is definitely kind of chunky, and if I got slim I was afraid I would either want to keep him, or cheat on him. The exercises raised more stuff, too, which I am still wrestling with. To echo the other reviewers, yes, that is a workbook. I thought I didn't need it and it was yet another money-maker for Genenne (who's AWESOME, and deserves money-makers), but I actually sat down and did the exercises. G. So either get the hard duplicate book or prepare yourself to do a whole lot of journalling if you are using your Kindle (which is what I'm doing). End up being it emotional or meals. But I am much less conflicted about being thin, and I am less inclined to listen to the voice in my own mind that beats me up about being too unwanted fat. My overeating is normally much less, and I am enrolled in a half marathon in six weeks and a full marathon in the fall, and I am teaching to do a couple of 14,000 foot mountains in Colorado come early july. Whatever I weigh when i surface finish those goals may need to become my "good enough" weight. Instead, we have to focus on what we consume, stop and just appreciate it. The books possess a whole lot of good details, however, there is some vocabulary I don't approve of and it produced me extremely uncomfortable reading! Some excess weight loss work is "external" with fitness and meal-plans, but some of it has to be "inner" function. In case you are a therapist dealing with people about excess weight loss issues, or somebody with body-image issues who is working on them with or without a therapist, this may be a very helpful book for you. We usually eat less and we perform enjoy the experience. We ought to not eat when stressed, and we ought to take time to examine what we want. This is not really really a "direct results" weight loss book. Caution! I read this

book several years back to assimilate all universities of thought! The reality is- this book could cause SERIOUS harm to a person with Binge Eating disorder which is a true addiction, just like alcoholism. Not absolutely all of the exercises are likely to "crack your mind open" and present you new insights, but you'll most likely have at least one or two before you are also twenty exercises in to the book. It has been an extended journey over the span of many years. In the event that you suspect you might be suffering with BINGEING Disorder-Do not touch this book! I am your physician, who myself suffers terribly with Binge Eating Disorder. Five Stars Excellent Roth efforts to convince you that your trouble is purely insufficient self awareness and self control which she claims to fix with her "guidelines". These "guidelines" that Ms. Not pretty to look at, and actually pretty disconcerting. The chapters are filled with insight and exercises that help you untangle your emotions that lie behind the psychological eating. People with binge eating, by default, do not feel pleased and by default they DON't pay attention if they are bingeing. So have I lost excess weight as a result of reading this reserve? Roth's books on lifestyle, taking control of eating weight loss!! One other note: You should be in a position to write when you do these exercises. Seems like it's going to be very busy! Still working through this Geneen Roth includes a technique where we end judging ourselves and start loving ourselves. Not based off of Christian beliefs If you're searching for a Bible-based publication, buy "Designed to Crave" instead Five Stars great book Five Stars Perfect Three Stars didn't realize the publication will be written in :o( Great! I QUICKLY kept performing a couple more every day. Yet Ms.



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