

The background of the book cover is a deep blue gradient. At the top, a large, bright, yellowish-white full moon is visible. Below the moon, the silhouettes of rolling hills or mountains are depicted in a darker shade of blue. The title 'Eating in the Light of the Moon' is written in a large, elegant, white cursive script, with the word 'Eating' on the first line, 'in the Light' on the second, and 'of the Moon' on the third.

# *Eating in the Light of the Moon*

how women  
can transform  
their relationships  
with food  
through myths,  
metaphors &  
storytelling

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## Eating in the Light of the Moon: How Women Can Transform Their Relationship with Food Through Myths, Metaphors, and Storytelling



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By weaving practical insights and exercises through a wealthy tapestry of multicultural myths, ancient legends, and folktales, Anita Johnston helps the millions of ladies preoccupied with their pounds discover and address the issues behind their unfavorable attitudes toward food.



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Because it touches the most sensitive section of the heart, it may take time to read. A therapist recommended this book to me. I honestly had a difficult time going right through the first few pages because this book really hits the center like no other. I have both the kindle version, which I read years ago and loved, as well as the audible version, that I have listened to 3 x and I'd absolutely recommend. This author uses metaphors, stories, analogies to reach your deeper psyche. Recovery is a process and there is time to take the publication one word at the same time..yet at the same time, this reserve is something Personally I think is necessary for me personally at this time. emotionally taxing to learn. I have learned much and generally enjoy it. Simultaneously, this reserve will politely beckon me personally to take action - so I can face it, cope with it, and accept it. I recommend for individuals who experience challenging, almost destructive, relationships with food & Totally transformational. This has been a transformational book for me personally. I am still on the trip - and I can't read way too many pages simultaneously. Sometimes, I just end up wearing down inside and out. body picture. It's as if she knows what's happening in my head. This is one of those rare books that transforms you as you read (or, especially, pay attention to). At first, I was turned off by the seemingly hippy-dippy tone, however the true text messages came through as I continuing to learn, and they did wonders and meaningful. It could audio funny that learning by metaphor would have any practical application for recovery, but I've found it A lot more effective than the books that give you checklists of behavior modification and homework assignments. I have always been a people pleaser, melding my character to suit whomever I was with. This book provides helped me to softly see how to change that and how exactly to validate not merely my opinions and emotions, but others', as well. She says that every person she's ever proved helpful with has already established to find her voice and figure out how to be assertive to be able to overcome their consuming disorder, and that is certainly true of me. Offering these traits gender non-specific names would be a many more appealing and less inclined to trigger immediate defensiveness. Probably the most powerful books I've read on the subject of taking in disorders and the energy of women! Men. I am finally beginning to acknowledge my emotions and preferences and ideas - my perceptions are important and valid, actually if others don't observe them or recognize. I love myself even more, I validate myself even more, and in so doing, I love others even more and respect their boundaries, because I am setting my own. I highly recommend it. And now you can figure out how to like yourself into brand-new behavior that normally evolves because you are addressing the underlying requirements that proceeded to go unmet before. Very enlightening! It's a very good book. This publication is for those who are looking for healing--TRUE, DEEP, REAL HEALING. Healing Book If you're searching for a book that just tells you how to not need taking in disorder symptoms, this is simply not the publication for you! I read this reserve in less than a day. NOW I AM heading back through it even more slowly to consider it all in. It isn't a male bashing publication at all nevertheless, you have to realize that we live in a male dominated society and everything and I do mean everything is due to that. It isn't about whose symptoms are worse or yet another depressing memoir. Of training course, it's not to overgeneralize. It's a satisfying read, however a deep read. Uncomfortable because I was needing to confront emotions and realities that are occasionally tough to confront. [dranitajohnston.com](http://dranitajohnston.com)). I continued to turn to it as high levels of tension or emotion resulted in dysfunctional eating. Gave me needed perspective to handle my disordered eating I encountered this publication when my relationship with meals reached a peak of dysfunction. It's.. It resonated with deep seated feelings that I acquired carried for a long time. I continued to cry as I read this reserve chapter by chapter, evening after night. The reserve helped me discover my dysfunctional eating in an entirely different way— that food had not been the real issue, it had been a “reddish herring. I appreciate the big picture view, and I discover some specifics helpful and other not so much. This beautifully created publication with its many relevant fables helped provide me perspective on the issues that I confronted. I cannot suggest this book enough. I also quite definitely valued Johnston's feminist

perspective and her challenges to Western norms. We still struggle with disordered eating, however now I have so many more tools to help cope— both out of this publication and through therapy. I understand this trip will continue for some time and I must continue steadily to face the “tiger” of my relationship with food. Males should most likely read this publication, but this part is a turn off. What I can't stand is labeling traits as feminine or masculine. Powerful I was just in the first chapter when this book started opening my eyes. If you're ready to read something similar to this, if you would like to know the real reasons why you eat how you do then this is actually the book for you personally. I obsess over every calorie that switches into my mouth, I believe about food constantly, because I have to control it, or it will control me. Or so I thought. This reserve made me find that food and my relationship with it already handles me. In our culture we are trained that there is only one ideal, one ideal body and yet less than 4% of ladies have that body and yet almost every one of us strives for this when it is difficult. I see that many people like the story interludes, but I find them unneeded and boring for the most part. There are so many gems in this book. This is the 1st eating disorder book I've read (and I've read MANY) that talks about healing from an consuming disorder. So long as we allow other folks control our thoughts and how we experience ourselves, our lives are not our own. A robust book, if you're ready it can help you modify your relationship with food. This can help you! Amazing book, super ideal for whoever has struggled with an consuming disorder, following my nutritionist told me about this and I read it, I've suggested it to so many friends. Helpful without telling WHAT to do My therapist had me personally read this book. Helpful in case you are female dealing with an ED This book definitely provided some great perspective, especially from a female point of view. I don't want to even look at it, We don't want to deal with it, and I don't want to keep crying when I believe about it.” The real problem was my relationship with my emotions, with myself, with others, and with the world around me. Who tells us how we should look? But I'd expect differences here. Stunning read and its own principles can be adapted for a variety of addictive behaviors and mental ailments, or for general mental wellness. While females or men may exhibit certain of these is pretty much degrees, there is a lot blurring. It's enjoy it was written for me personally

Extremely insightful book that combines literature and research from the 1970s feminist spirituality movement with contemporary psychology and has an nearly anthropological approach with the inclusion of many multicultural folk tales. I find that I have no need for food when I acknowledge my feelings and accept them. Also, at least at this point, I've not found where in history we in some way diverged into what the author thinks is a far more male dominated world. I would very very much like to hear her thoughts and research on this. Maybe I will find it in the next half of the publication. As generally in most books of the nature, I agree with some parts rather than with others. In the end, reading several remedies of the topic, speaking with others, doing some research, then forming your very own paradigm is best. Great stories and poems that helped me when dealing with my binge eating This is a good seller I received this book and it was in better condition than expected , the just drawback is that it has a not pleasant smell I look for fault labeling traits simply because feminine or masculine I am about 50 % way through this reserve. I struggled with on-and-off bulimia for over 20 years and, while I haven't purged in several years, the mindset is still something I have carried with me. If you are a woman or girl struggling with an ED, stay with it. Very interesting book. Wow The counselor at my eating disorder recovery group read a passage out of this book, that was beautiful, and encouraged us to read the book ourselves, therefore i bought it. I visited a therapist, and inside our first session she recommended this book. As soon as I started the book, I begun to cry..As I mentioned in the title, it touches an extremely sensitive portion of the heart. Powerful Read! Look at her website for an example called The Log ([www.1000ways.com](http://www.1000ways.com)! Invest some time.. Buy this reserve - it really is a soft, loving approach to understanding why you possess this disordered eating - it is the greatest you knew how to do at that time. It requires being extremely vulnerable and I acquired to create it down several times, because I sensed uncomfortable. I am

understanding how to pay attention to my dreams and am learning about myself through them. Purchase it! While it won't resolve your ED totally, it will still help you on your journey towards recovery as you begin to place the pieces together on the way. I disagreed with writer on some of the issues, or rather, her views on where some of the issues result from, but most of her views appear to be fairly solid. I learned a lot.



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