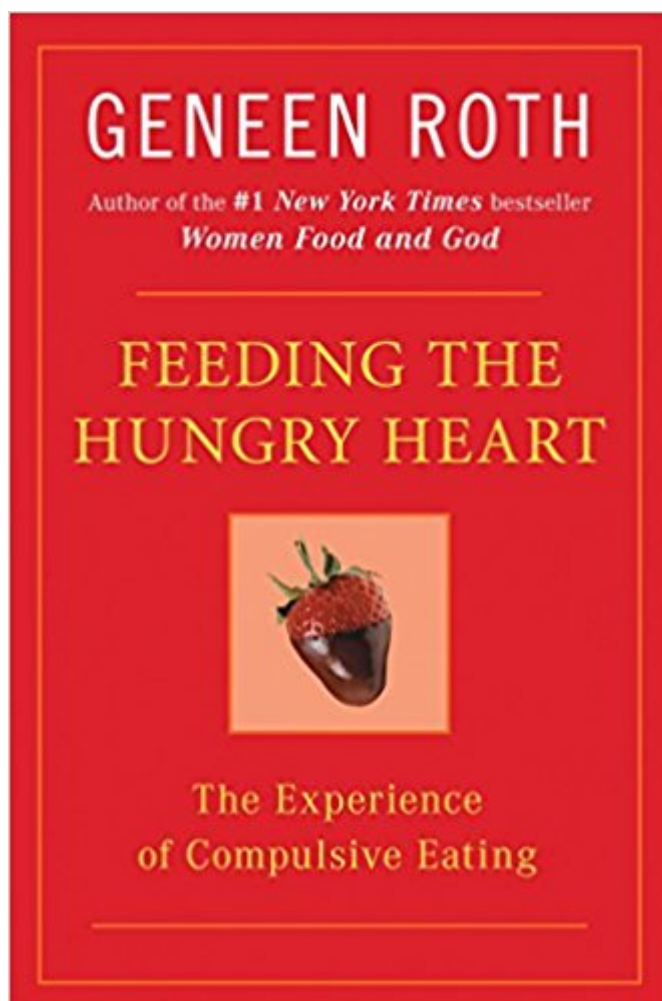




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# Feeding The Hungry Heart: The Experience Of Compulsive Eating



## Synopsis

#1 *New York Times* bestselling author of *Women Food and God* This is how Geneen Roth remembers her time as an emotional overeater and self-starver. After years of struggle, Roth finally broke free from the destructive cycle of bingeing and purging. In the two decades since her triumph, she has gone on to help tens of thousands of others do the same through her lectures, workshops, and retreats. Those she has met during this time have shared stories that are both heartrending and inspiring, which Roth has gathered for this unique book. Twenty years after its original publication, *Feeding the Hungry Heart* continues to inspire women and men, helping them win the battle against a hunger that goes deeper than a need for food. With contributions from Ronda Slater, Sylvia Gillett, Carolyn Janik, Janet Robyns, Sharon Sperling, Lyn Lifshin, Linda Ostreicher, Sondra Spatt Olsen, Jill Jeffery, Penny Skillman, Leslie Lawrence, Juneil Parmenter, Lisa Wagner, Joan P. Campbell, Micki Seltzer, Rita Garitano, Barbara Florio Graham, Linda Myer, Laura Fraser, Rachel Lawrence, Florinda Colavin, and other Breaking Free workshop participants.

## Book Information

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## Customer Reviews

“Many people are talking about wholeness today, but what makes Geneen Roth different is her microscopic honesty. She doesn’t hold back. Her work is about the objective truth, and you can feel it nourishing your body.”  
—Christiane Northrup, MD, bestselling author of *Women’s Bodies, Women’s Wisdom*  
Praise for *When Food is Love*: “A life-changing book.”  
—Oprah Winfrey  
“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 clarity 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. • John Robbins, author of *Diet for a New America* "Spectacular! I laughed and I cried a tender and daring book that you'll never forget." • Laura Davis, coauthor of *The Courage to Heal* "I see miracles in my life every day, and Roth is one of the people who helped make that happen." • #1 New York Times bestselling author Anne Lamott in *Mademoiselle* "Roth's seminal work. This is a big, beautiful, and important book." • Natalie Goldberg, author of *Writing Down the Bones* "She tells of her own experiences with a non-blink frankness cushioned by the gracefulness of her prose." • Chicago Tribune "This book is A) good enough to eat, B) nourishing to the heart." • Jack Kornfield, Buddhist teacher, coauthor of *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.

I meet Geneen Roth back in the early 1980s and her books are insightful and enlightening. This book has one specific MUST READ PASSAGE .. It is called .. Days Alone Come Down To This .. I never tire of re-reading this passage of 4 pages. The ending of Days Alone Come Down To This is just PHENOMENAL .. It is a joy to recommend this book.

Right on regarding compulsive eating - in addition to demonstrating a great understanding of the nature of this type of eating disorder through different examples and case studies, the author brings to light connections that really ring true!

Geneen Roth writes in a refreshing personal style that I find easy to identify with. This has less clinical and more personal stories of her and her follower's success with dealing with compulsive eating. It's not about dieting, it's about dealing with the emotional issues that one is medicating with

food.

As a person who seems to have a wide range of weights without much of a change in diet, I found the insights in this book useful and I appreciated the individual stories.

I felt like I was reading my own story. This really hit home and helped a lot in understanding my own behavior.

Great!

Another great book by a good author, very insightful and useful. easy read, written well.

Great

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