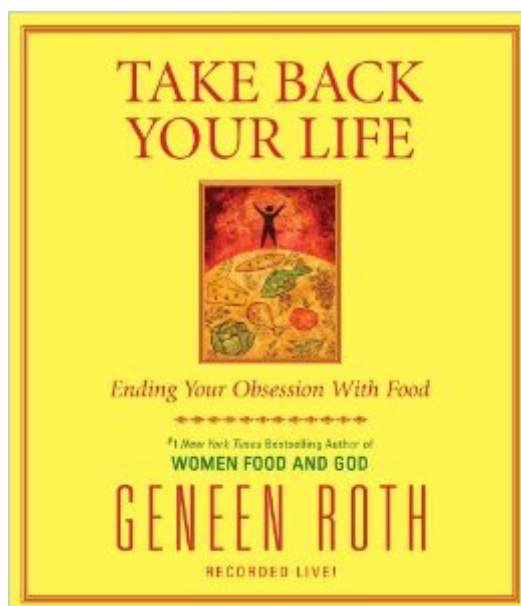


The book was found

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

Audio CD: 2 pages

Publisher: Simon & Schuster Audio; Unabridged edition (June 21, 2011)

Language: English

ISBN-10: 1442344857

ISBN-13: 978-1442344853

Product Dimensions: 5 x 0.5 x 5.8 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars See all reviews (8 customer reviews)

Best Sellers Rank: #566,104 in Books (See Top 100 in Books) #26 in Books > Books on CD >

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

Disorders #654 in Books > Books on CD > Health, Mind & Body > Personal Growth

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!! I 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 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!

[Download to continue reading...](#)

Take Back Your Life: Ending Your Obsession With Food The Food Service Professional Guide to Controlling Restaurant & Food Service Food Costs (The Food Service Professional Guide to, 6) (The Food Service Professionals Guide To) How to Take Advantage of the People Who Are Trying to Take Advantage of You: 50 Ways to Capitalize on the System (Take the Advantage Book 1) The Food Service Professional Guide to Controlling Restaurant & Food Service Operating Costs (The Food Service Professional Guide to, 5) (The Food Service Professionals Guide To) Good Food, Great Business: How to Take Your Artisan Food Idea from Concept to Marketplace Creating True Peace: Ending Violence in Yourself, Your Family, Your Community, and the World Take Back Your Life!: Using Microsoft Office Outlook 2007 to Get Organized and Stay Organized 13 Things Mentally Strong People Don't Do: Take Back Your Power, Embrace Change, Face Your Fears, and Train Your Brain for Happiness and Success The Complete Guide to Food Preservation: Step-by-step Instructions on How to Freeze, Dry, Can, and Preserve Food (Back to Basics Cooking) Cleveland Food Memories: A Nostalgic Look Back at the Food We Loved, the Places We Bought It, and the People Who Made It Special SEO: Easy Search Engine Optimization, Your Step-By-Step Guide To A Sky-High Search Engine Ranking And Never Ending Traffic (SEO Series) Perfect Ending: Why Your Eternal Future Matters Today The Complete Food Dehydrator Cookbook: How to Dehydrate Your Favorite Foods Using Nesco, Excalibur or Presto Food Dehydrators, Including 101 Recipes. (Food Dehydrator Recipes) (Volume 1) Simple Matters: Living with Less and Ending Up with More Raymond's Room: Ending the Segregation of People With Disabilities Edgar A. Poe: Mournful and

Never-ending Remembrance Ending the Homework Hassle Helping Teens Who Cut: Understanding
and Ending Self-Injury Ending the Pursuit of Happiness: A Zen Guide Abolishing Abortion: How You
Can Play a Part in Ending the Greatest Evil of Our Day

[Dmca](#)