

WOMEN FOOD AND GOD: An Unexpected Path to Almost Everything

No matter how sophisticated or wealthy or broke or enlightened you are, how you eat tells all.

If you suffer about your relationship with food - you eat too much or too little, think about what you will eat constantly or try never to think about it at all - you can be free. Just look down at your plate. The answers are there. Don't run. Look. Because when we welcome what we most want to avoid, we contact the part of ourselves that is fresh and alive. We touch the life we truly want. We evoke divinity itself.

Since adolescence, Geneen Roth has gained and lost over a thousand pounds. She has been dangerously overweight and dangerously underweight. She has been plagued by feelings of shame and self-hatred. And she has felt euphoric after losing a quick few pounds on a fad diet. Then one day, on the verge of suicide, she did something radical: she dropped the struggle, ended the war, stopped

trying to fix, deprive and shame herself. She began trusting her body and questioning her beliefs.

It worked (and losing weight was only the beginning).

She wrote about her discoveries in *WHEN FOOD IS LOVE*, her first New York Times bestseller. She gave huge numbers of women their first insights into compulsive eating. And she changed huge numbers of lives for the better.

Now, after more than three decades of studying, teaching, and writing about what drives our compulsions with food, Geneen adds a profound new dimension to her work in *WOMEN FOOD AND GOD*. She begins with her most basic concept: that the way you eat is inseparable from your core beliefs about being alive. Your relationship to food is an exact mirror of your feelings about love, fear, anger, meaning, transformation and yes, even God. But it doesn't stop there. Geneen shows how going beyond both the food and feelings takes you deeper into realms of spirit and soul to the bright center of your own life.

With penetrating insight and irreverent humor, Roth traces food compulsions from subtle beginnings to unexpected ends. She teaches personal examination, showing readers how to use their relationship with food to discover the fulfillment they are longing for.

Your relationship to food, no matter how conflicted, is the doorway to freedom, says Roth. What you most want to get rid of is itself the doorway to what you want most: the demystification of weight loss and the luminous presence that so many of us call "God." Packed with revelations on every page, this is book is a knock-your-socks off ride to a deeply fulfilling relationship with food, your body...and almost everything else. *WOMEN FOOD AND GOD* is, quite simply, a guide for life.