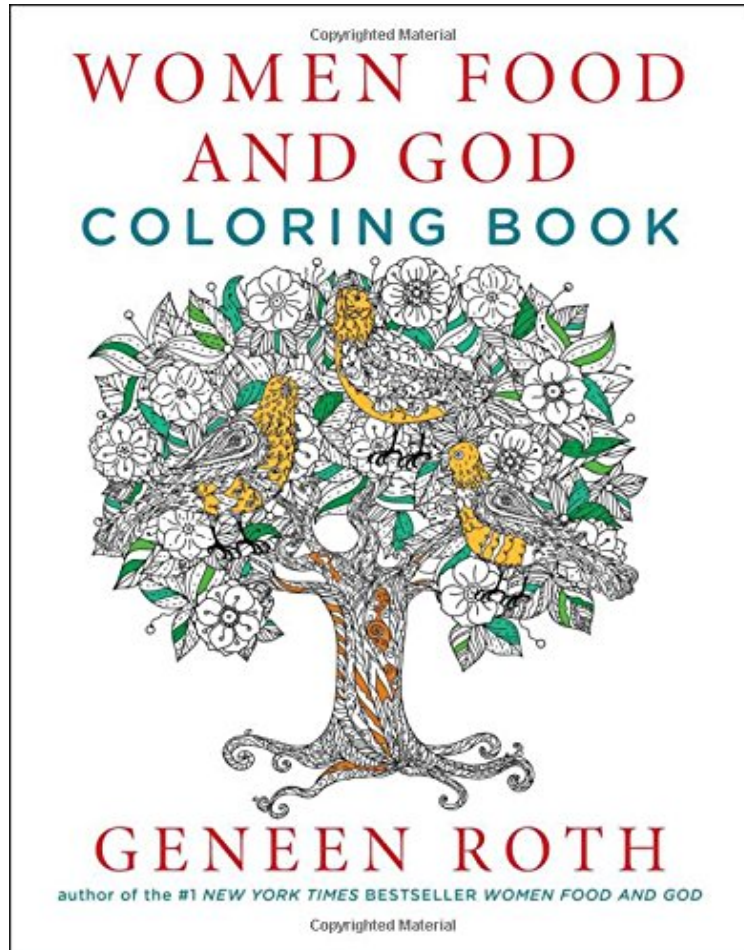


(Free) Women Food and God Coloring Book

Women Food and God Coloring Book

Geneen Roth

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Geneen Roth : Women Food and God Coloring Book before purchasing it in order to gauge whether or not it would be worth my time, and all praised Women Food and God Coloring Book:

3 of 3 people found the following review helpful. No more food fights By Teri Gordon If you are ready to give up the never ending battle with food and emotional eating, this is so worthwhile. 897 of 925 people found the following review helpful. "How We Eat is How We Live"--A Spiritual Perspective on Overeating By O. Merce Brown ***** Geneen Roth hits a home run with her latest book about overeating and so much more in "Women Food and God". The theme of the book is that the way we eat, the way we think about food and handle ourselves around it is the way we do everything. The author then shows us how and why this is the case. She describes the food retreats she runs and the women who attend them, and as a reader you will surely identify in some way with every single person--and with the lesson she illustrates from their lives. This is a more complex book than her earlier books because of the spiritual dimension; she sees problems with overeating as gateways to spiritual enlightenment. She convinced me (and

will convince you as well) that instead of trying to get rid of or fix our eating problems, we need to use them to see within ourselves, to learn important spiritual life lessons from our feelings, and to grow and heal so that we will end up eating as a spiritual practice. And so that we'll have a permanent end to the misery of always struggling with our weight and self-image, and always striving to improve our relationship with food. The book is so good that for me, just reading it was like a spiritual awakening in this area of my life. I found it motivational, inspirational, and scary in a good way--and the author makes the whole process doable with descriptions of practices that can be used on the food healing/awakening journey such as meditation, inquiry, and eating guidelines. These practices are all specific to the process and they are described in detail. This spiritual dimension is generic and does not require a particular religious belief, or even any religious belief. It would be compatible with any type of spirituality. The type of eating practiced is intuitive eating (listening to your body to discern what it wants), and no matter what your way of eating, you can apply an intuitive approach to it--this book is about a way of living and relating to food, not about a food plan. If you have read the author's other books (as I have) you will find much new information here. Other key themes of the book include mindfulness, presence, and feeling your feelings. The author is brutal but honest in describing how destructive the dieting industry is to women. Again, this is definitely not a diet book or eating plan, but instead a way of experiencing life which allows you to be present and aware so that you are able to listen to your body and choose food based on nourishment and self-care. Although it is a quick read (I read it in one evening), this book is so valuable that you will want to refer back to it, highlight it for future reference, take notes in the margins, and use parts for journal prompts. There is only one negative, and it is a biggy: the paper in this hardback book is similar to super cheap mass market paperback-type paper. I have never seen an actual book of any type with such paper, though! I tried to highlight sections and the highlighter not only would bleed through to the reverse side of the page, but sometimes onto the previous page! It is hard to describe how frustrating this was---a book that is a true keeper on throw-away paper. I highlighted anyway and my book is a mess, but I decided to rebuy it on Kindle when it comes out. I've never done this before, but it's that good of a book--worth months (or maybe years) of therapy. I also would buy it again if it is reprinted (and I'll bet it will be) with a paper that matches the quality of the book. That flaw aside, I'm so glad I bought this book. I have read many, many books on overeating, diet and nutrition, self-help, styles of eating, and more, and this book stands apart from the crowd. The message is an important one for any woman who wants to handle her relationship with food, her weight, and her spirituality in a healthy way, and to become whole. If that is you, you will not be disappointed, I promise. Highest recommendation. *****2 of 2 people found the following review helpful. I highly recommend ALL of Geneen's books. By Sarah TI don't normal review books/products but for Geneen Roth I will make an exception. I had been trying to practice intuitive eating to free myself from the cycle of yo-yo dieting, but it wasn't until I read her books that I really was able to get to the root of the problem and understand what lead me to this trap of dieting. Both this book and "When Food is Love" blew my mind wide open and allowed me to connect with a part of myself that I had been stuffing down with food or dieting into submission for years. For anyone struggling with compulsive eating, yo-yo dieting, binge eating, and even eating disorders, I highly recommend ALL of Geneen's books. I don't want to say that she saved me, but she opened the door for me to begin saving myself.

Gorgeous black-and-white illustrations are paired with quotes from Geneen Roth's #1 New York Times bestseller, *Women Food and God* in this inspirational and relaxing coloring book. Oprah Winfrey called Geneen Roth's #1 New York Times bestseller *Women Food and God* "a life-changing book." Millions of readers and the many women who attend Geneen's retreats and workshops often share their favorite quotes from the book. These quotations—that describe the important connection between the way we eat and the way we live—as well as some of the passages Geneen herself finds most meaningful, are collected on the pages of this enchanting coloring book. Color, contemplate, and discover who you really are in this perfect gift for women of all ages.

"*Women Food and God* is daring, dazzling, funny, comforting, wise and profoundly spiritual. It maps the journey from the darkness of obsession to the pure sense of being in prose so insightful and astonishing it left me breathless. Geneen Roth is an international treasure, and her new book is a gift to us all." -- Gay Hendricks, Ph.D. author of "Five Wishes" and "Conscious Loving" "This is a hugely important work, a life-changer, one that will free untold women from the tyranny of fear and hopelessness around their bodies. Beautifully written, a joy to read, rich in both revelation and great humor." -- "Anne Lamott, author of *Grace (Eventually): Thoughts on Faith*" "Geneen Roth has written an extraordinary book - at once beautiful, moving, funny and searing. Most important, she gives us a practical way to use our bodies - along with some of the most difficult parts of our emotional lives - as gracious and transformative portals to our soul." -- Rick Foster, co-author of "Happiness Wealth" and "How We Choose to Be Happy" "Geneen Roth does it again! *Women Food and God* is absolutely mesmerizing. And loaded with insights which can change your life." -- Chistine Northrup, MD, ob/gyn physician and author of "Women's Bodies, Women's Wisdom" and "The Wisdom of Menopause" "This is a hugely important work, a life-changer, one that will free untold women from the tyranny of fear and hopelessness around their bodies. Beautifully written, a joy to read, rich in both revelation and great humor." -- "Anne Lamott, author of *Grace (Eventually): Thoughts on Faith* About the Author Geneen Roth is the author of ten

books, including the New York Times bestsellers *When Food Is Love*, *Lost and Found*, and *Women Food and God*, as well as *The Craggy Hole in My Heart* and *the Cat Who Fixed It*. She has been teaching groundbreaking workshops and retreats for over thirty years and has appeared on numerous national shows, including *The Oprah Winfrey Show*, *20/20*, the *Today* show, *Good Morning America*, and *The View*. She lives in California with exaltations of hummingbirds, her husband, and Izzy the fabulous, eating-disordered dog. For more information about her work, please visit GeneenRoth.com. From *AudioFile* Relationships with food are complex and, according to Roth, represent a person's relationship with the world. Setting aside comfort food and eating only when one is truly hungry may be an important step to facing the underlying causes of weight problems. The author is earnest and intensely sincere in narrating her book. Her subject matter is clearly important to her, and she reads with the conviction that she can improve the listener's life. However, she doesn't differentiate the voices of the people she quotes in the anecdotes throughout the book. As a result, the personal stories run together with the commentary, which reduces their effectiveness. J.E.M. © AudioFile 2010, Portland, Maine