

WOMEN FOOD AND GOD



An Unexpected Path to
Almost Everything

Geneen Roth

NO. 1 NEW YORK TIMES BESTSELLER

Women Food God An Unexpected Path To Almost Everything Hc201

Geneen Roth



Women Food God An Unexpected Path To Almost Everything Hc201:

Lost and Found Geneen Roth, 2011 The 1 New York Times bestselling author of *Women Food and God* explores how emotional issues with money mirror those with food and dieting **Love, Finally** Geneen Roth, 2026-04-21 An illuminating inquiry into the complicated relationship between what we eat what our mothers taught us and what we believe about ourselves from the 1 New York Times bestselling author of *Women Food and God* We see the world through our wounds not as it really is We see what we believe It s like seeing the entire world drenched in yellow when we re wearing yellow tinted glasses Freedom comes when we take the glasses off For nearly four decades Geneen Roth has been a trusted voice guiding women to give up dieting and end compulsive eating Her books have sold millions of copies and her workshops have months long waiting lists But only recently when she was diagnosed with cancer did she begin to understand how deeply entwined her feelings about her body are with her relationship to her mother And she realized this is true for almost every woman the voice inside our heads the voice we use to talk to ourselves the voice that criticizes the size of our thighs or the softness of our stomachs these are all too often the voices of our mothers Roth was determined to untangle her sense of self from her mother s judgement Working with a blind eighty six year old wisewoman Roth learned to distinguish between her mother s influence and her own truer inner knowing Roth began to see that it was not what her mother said or did that made her unhappy but what Roth believed about herself because of what her mother said or did For the first time Roth understood that peace does not depend on external circumstances you do not need to wait for someone else to change it relies only on what you yourself choose to believe Written in her signature style funny self deprecating and soulful *Love Finally* is Roth s story of discovering the deeper awareness that set her free This transformative healing book is an essential roadmap for anyone who wants to repair their relationships with food their families and themselves It is a stunning illustration of an essential truth it takes a lifetime to return to where you ve always been

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