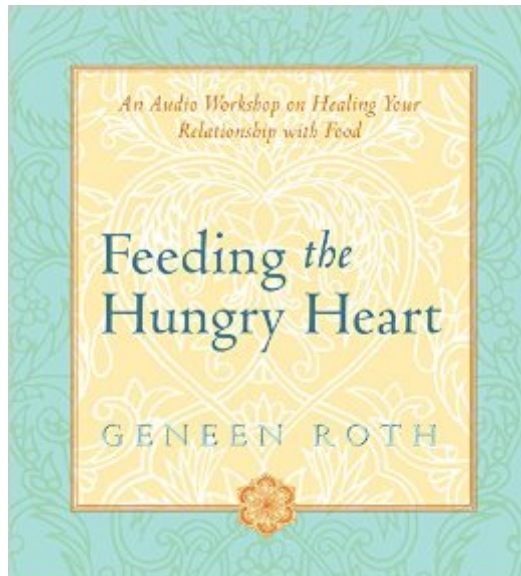


The book was found

Feeding The Hungry Heart: The Experience Of Compulsive Eating



Synopsis

Why do we eat too much? Because we are hungry-but not for more food. On *Feeding the Hungry Heart*, you will learn how a deep internal hunger for self-respect and fulfillment often translates into compulsive eating. Geneen Roth- a "no more diets pioneer" for more than 15 years-has helped thousands of women look at the real truth about the unconscious motivations that can lead to distorted eating patterns. Diets fail to work, Roth says, because they treat the symptoms of overeating, not the real problems. By looking at childhood programming, and learning to pay attention to what your body really needs, you can restore balance in your life, and heal at the deepest level. *Feeding the Hungry Heart* has helped a generation of women live diet-free by encouraging them to replace overeating with self-awareness and compassion. This live recording documents many exercises, visualizations, and Roth's powerful "Four Principles for Breaking Free" eating guidelines. Includes study booklet.

Book Information

Audio CD

Publisher: Sounds True, Incorporated (May 1, 2005)

Language: English

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ISBN-13: 978-1591793663

Product Dimensions: 5.3 x 5.7 x 0.6 inches

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

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (6 customer reviews)

Best Sellers Rank: #826,201 in Books (See Top 100 in Books) #102 in [Books > Books on CD > Health, Mind & Body > Fitness](#) #419 in [Books > Books on CD > Health, Mind & Body > General](#) #948 in [Books > Books on CD > Health, Mind & Body > Personal Growth](#)

Customer Reviews

I was looking for the audiobook of Geneen's book of a similar title and ended up instead with this recording of a workshop she did at one time or another. I don't enjoy the "live format" and listening to people who were at the workshop sobbing through their pain, or sitting by while Geneen brings them through guided imagery with harp music in the background. It makes me feel like an interloper at someone else's private session. I suppose it may have been my fault for clicking on the wrong item when purchasing this cd set; but should more clearly mark these items that are titled so closely. There is some good information here; however, I would much rather be listening to a book.

Seems like I've tried every diet ever conceived! I rarely find new ideas, but this book is full of them! Some positive life changes happened immediately after listening to the audio book version, some happened more subtly later. I wish all of Geneen's books were available via audio book because my "me time" usually occurs during my long daily commute.

I started reading Geneen Roth's *Women Food and God* and have read all of her books since then. I keep *Feeding the Hungry Heart* in my car and it really is my personal favorite. Cheers to Geneen.

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Hungry Girl Clean & Hungry: Easy All-Natural Recipes for Healthy Eating in the Real World
Helping Your Child with Extreme Picky Eating: A Step-by-Step Guide for Overcoming Selective Eating, Food Aversion, and Feeding Disorders
Hungry, Hungry Sharks (Step-Into-Reading, Step 3)
The Pediatrician's Guide to Feeding Babies and Toddlers: Practical Answers To Your Questions on Nutrition, Starting Solids, Allergies, Picky Eating, and More (For Parents, By Parents)
The Hungry Fan's Game Day Cookbook: 165 Recipes for Eating, Drinking & Watching Sports
Pets on the Couch: Neurotic Dogs, Compulsive Cats, Anxious Birds, and the New Science of Animal Psychiatry
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Up and Down the Worry Hill: A Children's Book about Obsessive-Compulsive Disorder and its Treatment
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Understanding Recovery from Eating Disorders (Teen Eating Disorder Prevention Book)
Binge Eating Cure: Cure Binge Eating with Intermittent Fasting
The Joy of Eating Well: A Practical Guide to- Transform Your Relationship with Food- Overcome Emotional Eating- Achieve Lasting Results
Hungry Heart: Adventures in Life, Love, and Writing
Josephine Baker: The Hungry Heart
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