



Why Weight? A Guide to Ending Compulsive Eating

By Geneen Roth

Download now

Read Online 

Why Weight? A Guide to Ending Compulsive Eating By Geneen Roth

#1 New York Times bestselling author of *Women Food and God*

With the publication of her ground-breaking books, *Feeding the Hungry Heart* and *Breaking Free From Compulsive Eating*, Geneen Roth has helped hundred of thousands of people win their battle against the destructive binge-diet cycle. Now this remarkable companion workbook shows compulsive eaters—in a constructive, non-judgmental way—how to stop using food as a substitute for handling difficult emotions or situations ... and how to enjoy eating and still lose weight naturally. By using the liberating exercises and techniques developed by Geneen Roth in her highly successful Breaking Free® workshops, dieters, who've tried every conceivable diet—losing weight again and again, only to gain it back—and bingers, who are harming their health, can learn wholesome, beneficial ways to achieve their goals. This proven program offers reassuring guidelines on:

- Letting food become a source of pleasure rather than anxiety
- Kicking the scale-watching the habit—forever!
- Recognizing the difference between physical and emotional hungers
- Learning to say no
- Listening to, and trusting, your body's hunger and fullness signals
- Distinguishing "forbidden foods" from those you truly want
- Uncovering the conflicts that stand between your desire to lose weight and your urge to eat compulsively
- Discovering other pleasures besides food

 [Download Why Weight? A Guide to Ending Compulsive Eating ...pdf](#)

 [Read Online Why Weight? A Guide to Ending Compulsive Eating ...pdf](#)

Why Weight? A Guide to Ending Compulsive Eating

By Geneen Roth

Why Weight? A Guide to Ending Compulsive Eating By Geneen Roth

#1 New York Times bestselling author of *Women Food and God*

With the publication of her ground-breaking books, *Feeding the Hungry Heart* and *Breaking Free From Compulsive Eating*, Geneen Roth has helped hundred of thousands of people win their battle against the destructive binge-diet cycle. Now this remarkable companion workbook shows compulsive eaters—in a constructive, non-judgmental way—how to stop using food as a substitute for handling difficult emotions or situations ... and how to enjoy eating and still lose weight naturally. By using the liberating exercises and techniques developed by Geneen Roth in her highly successful Breaking Free® workshops, dieters, who've tried every conceivable diet—losing weight again and again, only to gain it back—and bingers, who are harming their health, can learn wholesome, beneficial ways to achieve their goals. This proven program offers reassuring guidelines on:

- Letting food become a source of pleasure rather than anxiety
- Kicking the scale-watching the habit—forever!
- Recognizing the difference between physical and emotional hungers
- Learning to say no
- Listening to, and trusting, your body's hunger and fullness signals
- Distinguishing "forbidden foods" from those you truly want
- Uncovering the conflicts that stand between your desire to lose weight and your urge to eat compulsively
- Discovering other pleasures besides food

Why Weight? A Guide to Ending Compulsive Eating By Geneen Roth Bibliography

- Sales Rank: #20197 in Books
- Brand: Roth, Geneen
- Published on: 1989-06
- Released on: 1989-06-30
- Original language: English
- Number of items: 1
- Dimensions: 7.90" h x .40" w x 5.20" l, .47 pounds
- Binding: Paperback
- 208 pages

[!\[\]\(3e2231b1ad3ca8da8658228c00dd08e0_img.jpg\) **Download Why Weight? A Guide to Ending Compulsive Eating ...pdf**](#)

 [Read Online Why Weight? A Guide to Ending Compulsive Eating ...pdf](#)

Download and Read Free Online Why Weight? A Guide to Ending Compulsive Eating By Geneen Roth

Editorial Review

Review

“Geneen’s work will blow you away. It is beautiful and funny and deep, and most of all, she speaks the truth.”—**Anne Lamott**, #1 *New York Times* bestselling author of *Small Victories*; *Stitches*; *Help, Thanks, Wow*; *Some Assembly Required*; *Grace (Eventually)*; *Plan B*; and *Traveling Mercies*

Praise for *When Food is Love*

“A life-changing book”—**Oprah Winfrey**

“A rare and special book that touches our inner selves with extraordinary courage, authenticity, and beauty. I have seen very few books with this kind of clarity and human depth. It will move you to tears and to joy. It will entertain and delight you, and it will make you a deeper and more compassionate human being.”—**John Robbins**, author of *Diet for a New America*

“Spectacular! I laughed and I cried... a tender and daring book that you’ll never forget.”—**Laura Davis**, coauthor of *The Courage to Heal*

“I see miracles in my life every day, and Roth is one of the people who helped make that happen.”—**#1 New York Times** bestselling author **Anne Lamott** in *Mademoiselle*

“Roth’s seminal work. This is a big, beautiful, and important book.”—**Natalie Goldberg**, author of *Writing Down the Bones*

“She tells of her own experiences with a non-blink frankness cushioned by the gracefulness of her prose.”—*Chicago Tribune*

“This book is A) good enough to eat, B) nourishing to the heart.”—**Jack Kornfield**, Buddhist teacher, coauthor of *Seeking the Heart of Wisdom*

About the Author

Geneen Roth is a writer and a teacher who has gained international prominence through her work in the field of eating disorders. She is the founder of the Breaking Free workshops, which she has conducted nationwide since 1979. She is also the author of **Feeding the Hungry Heart**, **Breaking Free from Compulsive Eating**, and **When Food is Love**. A frequent guest on television and radio programs, she has written for and been featured in **Tie, Ms., New Woman, Family Circle**, and **Cosmopolitan**. Her poetry and short stories have been published in numerous anthologies. Born in New York City, she now lives in northern California.

Users Review

From reader reviews:

Wilma Bates:

The book *Why Weight? A Guide to Ending Compulsive Eating* gives you the sense of being enjoy for your spare time. You may use to make your capable a lot more increase. Book can to get your best friend when you getting anxiety or having big problem using your subject. If you can make reading a book *Why Weight? A Guide to Ending Compulsive Eating* to become your habit, you can get much more advantages, like add your personal capable, increase your knowledge about several or all subjects. You can know everything if you like open up and read a book *Why Weight? A Guide to Ending Compulsive Eating*. Kinds of book are a lot of. It means that, science reserve or encyclopedia or some others. So , how do you think about this publication?

Gerald Chisholm:

The publication untitled *Why Weight? A Guide to Ending Compulsive Eating* is the publication that recommended to you to learn. You can see the quality of the publication content that will be shown to a person. The language that writer use to explained their ideas are easily to understand. The article writer was did a lot of study when write the book, hence the information that they share to you personally is absolutely accurate. You also can get the e-book of *Why Weight? A Guide to Ending Compulsive Eating* from the publisher to make you far more enjoy free time.

Susan Spiegel:

The publication with title *Why Weight? A Guide to Ending Compulsive Eating* includes a lot of information that you can understand it. You can get a lot of gain after read this book. This kind of book exist new expertise the information that exist in this e-book represented the condition of the world currently. That is important to yo7u to understand how the improvement of the world. This book will bring you inside new era of the syndication. You can read the e-book in your smart phone, so you can read the idea anywhere you want.

Ian Sharpless:

Reading a book for being new life style in this calendar year; every people loves to read a book. When you examine a book you can get a lot of benefit. When you read publications, you can improve your knowledge, due to the fact book has a lot of information on it. The information that you will get depend on what kinds of book that you have read. If you wish to get information about your analysis, you can read education books, but if you want to entertain yourself read a fiction books, these kinds of us novel, comics, in addition to soon. The *Why Weight? A Guide to Ending Compulsive Eating* will give you new experience in examining a book.

Download and Read Online *Why Weight? A Guide to Ending*

Compulsive Eating By Geneen Roth #SKBYC8NX91D

Read Why Weight? A Guide to Ending Compulsive Eating By Geneen Roth for online ebook

Why Weight? A Guide to Ending Compulsive Eating By Geneen Roth Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Why Weight? A Guide to Ending Compulsive Eating By Geneen Roth books to read online.

Online Why Weight? A Guide to Ending Compulsive Eating By Geneen Roth ebook PDF download

Why Weight? A Guide to Ending Compulsive Eating By Geneen Roth Doc

Why Weight? A Guide to Ending Compulsive Eating By Geneen Roth Mobipocket

Why Weight? A Guide to Ending Compulsive Eating By Geneen Roth EPub