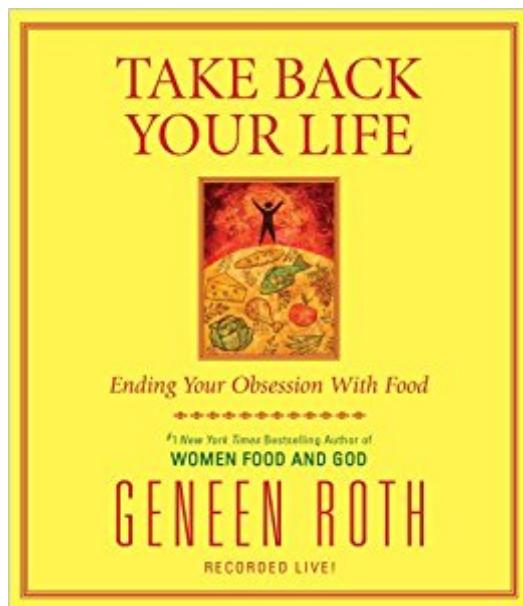


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# Take Back Your Life: Ending Your Obsession With Food



## **Synopsis**

An original audio program from #1 New York Times bestselling author, Geneen Roth! Drawing from live recordings of her most popular lectures and workshops, Geneen Roth's *Take Back Your Life* eloquently and compassionately addresses the underlying causes of emotional eating patterns—and the process of turning what many of us consider to be our worst problem into our greatest opening. Since the way we eat is the way we live, what we do with food is an opportunity to wake up to the entire rest of our lives. Geneen takes us step-by-step through the seven Eating Guidelines, with glimpses of the profound changes that come when we follow them. And through the Inquiry process, we learn how to actually feel our feelings instead of numbing them with food. Geneen also leads us in a deeply revealing visualization to help us drop below the continual chatter of our busy minds to a direct experience of presence and clarity. Unavailable in book form, *Take Back Your Life* can serve as both a powerful introduction to the life-changing ideas of Geneen Roth, or a practical complement to her bestselling books *Women Food and God* and *Lost and Found*.  
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## **Book Information**

Audio CD: 2 pages

Publisher: Simon & Schuster Audio; Unabridged edition (June 21, 2011)

Language: English

ISBN-10: 1442344857

ISBN-13: 978-1442344853

Product Dimensions: 5 x 0.5 x 5.8 inches

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

Average Customer Review: 4.4 out of 5 stars 8 customer reviews

Best Sellers Rank: #941,397 in Books (See Top 100 in Books) #30 in Books > Books on CD > Cooking, Food & Wine #850 in Books > Health, Fitness & Dieting > Mental Health > Eating Disorders #881 in Books > Books on CD > Health, Mind & Body > Self Help

## **Customer Reviews**

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. 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.

I enjoy Geneen Roth's "Women, Food and God" and "Lost and Found" and without knowing what I was getting, I blindly ordered "Take Back your Life". It is presented in more of a seminar format than a book and I would not recommend it to anyone who has not already read or listened to "Women, Food and God". I liked it but find that I prefer information presented in book format. I don't enjoy seminar format unless I'm actually attending the seminar! I purchased this used and am well pleased with the quality of the CDs.

THANK YOU GENEEN ROTH!!! Seriously, if you struggle with body image issues and compulsive eating, then you NEED to buy this. It has changed my life!

I have seen Geneen Roth live and paid quite a bit of money to do so. This disc is a terrific way for people to have a less expensive way to experience Geneen's insights into your why we eat. The quality is top notch.

So glad I bought this.

All around good book.

great

Geneen Roth's books have resonated with me and I've tremendously benefitted from her insights into emotional eating. Her eating guidelines and other practices offer a tangible path forward. However, I did not find that this cd offered anything in addition to a cursory overview of her books.

Much much better is her 6 cd set "Food is food and Love is Love", which offers in-depth explanations of principles behind emotional eating, the guidelines, and her suggested practices.

Exactly as described A+++

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