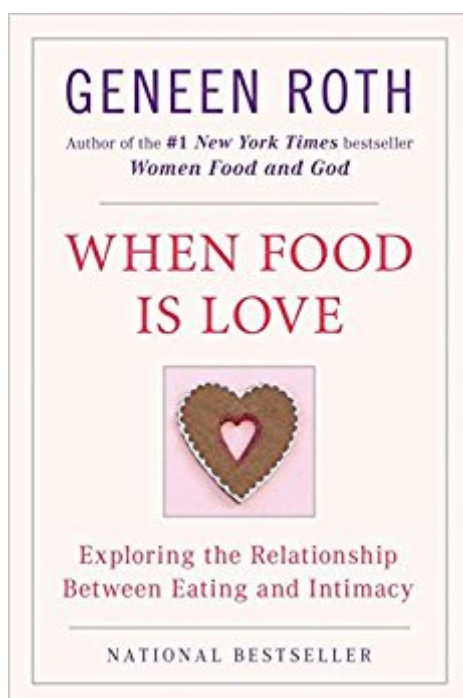


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# When Food Is Love: Exploring The Relationship Between Eating And Intimacy



## Synopsis

#1 New York Times bestselling author of *Women Food and God* — a life-changing book. — Oprah  
In this moving and intimate book, Geneen Roth, bestselling author of *Feeding the Hungry Heart* and *Breaking Free from Compulsive Eating*, shows how dieting and emotional eating often become a substitute for intimacy. Drawing on her own painful personal experiences, as well as the candid stories of those she has helped in her seminars, Roth examines the crucial issues that surround emotional eating: need for control, dependency on melodrama, desire for what is forbidden, and the belief that one wrong move can mean catastrophe. She shows why many people overeat in an attempt to satisfy their emotional hunger, and why weight loss frequently just uncovers a new set of problems. But her welcome message is that change is possible. This book will help readers break destructive, self-perpetuating patterns and learn to satisfy all the hungers — physical and emotional — that make us human.

## Book Information

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## Customer Reviews

This is the fourth book ( *Feeding the Hungry Heart*, etc.) generated by the seminars Roth conducts at her Berkeley, Calif., home for people who believe that if they were thin, they would be happy. But the author makes clear that losing weight doesn't automatically gain one success, respect and love. Roth's personal story and those of her clients as related here exemplify the need to discover why the overweight are addicted to food. Citing her own deprived childhood, the author demonstrates that gluttons seek the reliable comforts of eating instead of closeness with humans who might become abusive (like her mother) or vanish (like her father). Those bent on self-improvement will

find that the book merely repeats well-known principles in a melodramatic fashion. Copyright 1991 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

"A life-changing book." #151; Oprah "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 will never forget." "Laura Davis, co-author 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." "Anne Lamott in Mademoiselle "When Food is Love is Roth's seminal work. This is a big, beautiful, and important book. I cannot say enough about it. I hope everyone reads it." "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, co-author of Seeking the Heart of Wisdom

This book affected me strongly. I endured many of the same types of experiences as the author, and reading it felt at times like ripping scabs off old wounds. Geneen Roth has a powerful ability to articulate her emotional responses, and I found myself reliving much of my own difficult childhood as I read. More than once this book reduced me to tears. Yet the entire experience was cathartic and cleansing, and when I finished the book I felt lighter and freer than I had in years. I regret to say that I have not had the courage to adopt her way of eating. I hope, at some point, that I will be able to trust myself and listen to my body the way she recommends. Even if I never find that place, though, I will keep this book and re-read it from time to time. It's like lancing a boil: a quick and painful cut that exposes an injury and allows it to heal from the inside out.

Words almost fail me as I attempt to describe how much this one book has helped me. Besides God's word the holy bible, I can honestly say this book has moved me and caused me to rethink not only my past and present but where I want to be in the future. Also, the types of relationships I have and want to have with others and most important with myself. This is not a book offering a quick fix. To be frank, there are times I have had to book the book down because the words were too painful since I relate on so many levels with Ms. Roth. This book will make you laugh and cry and most

importantly, examine YOU - the person you truly are -- where you came from -- confronting your painful past and realizing that it is your job to go rescue that abused child from your past before you can be a whole adult in the present. I would recommend this book to anyone struggling with a food addiction, especially if you have abuse (physical, emotional or sexual) in your background. It really is not about the food - it is about finding a way to look at the past and tell the truth to yourself so you can nurture yourself, stop torturing and punishing yourself with food and learn to love yourself so you can open your heart in an authentic way to others. I have spent lots of money on therapy but never quite felt like I was getting the help I needed. While this publication cannot replace therapy, it definitely has helped me see that there is light at the end of the tunnel and for that I am forever grateful.

This book spoke my truth and I didn't know all of it until I read it. There were many times the feelings it evoked were overwhelming and almost unbearable WOW!! I do attend OA and when I put the food down feelings are coming up. Author says that repeatedly. This woman is the real deal. I will read more if not all of your books. Thank you

This book taught me so much. About myself. About how I eat unhealthfully. About what it means to be a compulsive eater and to help me begin my journey of setting myself free.

This book was recommended to me by my Doctor. I highly suggest this book to anyone who is struggling with a weight problem. I never even knew I had an issue with emotional eating until reading this book. The author explains how and why every diet plan fails and why they just don't work. Until you can learn to use your love in other ways besides food, you just won't lose the weight. Must read!

This book has been out there for a while and yet the truth within never grows old. Being over weight is not about the food, it is about a whole lot more and there are not quick fixes. You have got to do the work which Geneen makes no bones about it. As a former psychotherapist and now a hypnotherapist, I agree with her completely. We need more of her kind of wisdom in this "quick-fix and make it easy and cheap" society of ours.

This book has literally changed my life! I've struggled with weight issues my entire life and have tried every diet there is. I lose the weight, but it always comes back - with friends! This book helped me to

understand why I have the issues I do, and why they continue eventhough I'm aware of them. It was incredible to read certain passages and realize that's exactly how I feel, or how I think, or those are some of the same things I do. Finally, someone who understands! I don't need a new diet plan, or nutrition advice, or a workout program. What I needed was to understand the underlying causes - the overeating is just a symptom. I wanted to understand the cause and this book helped me do just that. I feel empowered now, and ready to take the next steps towards a healthier approach - to eating, to myself, and to living my life fully. I will definitely read more of Geneen's books and check out her website.

She spoke the words I could not. I wrote them down when what she said resonated with me. I took those words to my therapy session like they were manna from above. So the real journey seems to have started....simply, thank you.

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