

# When Food is Food & Love is Love: A Step-by-Step Spiritual Program to Break Free from Emotional Eating



Why do we eat? Its more than just a hunger for more food, teaches Geneen Roth. Your relationship with food is a microcosm of your relationship to being alive, and to your beliefs about trust, pleasure, deprivation, and nourishment. Now, Roth offers listeners When Food Is Food & Love Is Love, a deeply spiritual culmination of her groundbreaking work since the best-selling Feeding the Hungry Heart. Here, she offers her first complete at-home course to break free from emotional eating through visualizations, guided eating and mindfulness meditations, and more. Roth helps us to understand the real issues of why we turn to food, and to experience freedom from dieting once and for all.

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