



# 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 succesful 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

 [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:

**Kimberly Gonzalez:**

Book is usually written, printed, or outlined for everything. You can understand everything you want by a book. Book has a different type. As we know that book is important issue to bring us around the world. Alongside that you can your reading expertise was fluently. A guide Why Weight? A Guide to Ending Compulsive Eating will make you to end up being smarter. You can feel more confidence if you can know about anything. But some of you think in which open or reading a book make you bored. It isn't make you fun. Why they can be thought like that? Have you in search of best book or appropriate book with you?

**Sheldon Downs:**

What do you about book? It is not important together with you? Or just adding material when you want something to explain what your own problem? How about your spare time? Or are you busy man? If you don't have spare time to perform others business, it is give you a sense of feeling bored faster. And you have free time? What did you do? Every person has many questions above. They have to answer that question simply because just their can do this. It said that about reserve. Book is familiar on every person. Yes, it is correct. Because start from on kindergarten until university need this kind of Why Weight? A Guide to Ending Compulsive Eating to read.

**Brian Kelley:**

This Why Weight? A Guide to Ending Compulsive Eating is brand-new way for you who has fascination to look for some information as it relief your hunger details. Getting deeper you onto it getting knowledge more you know or else you who still having little bit of digest in reading this Why Weight? A Guide to Ending Compulsive Eating can be the light food in your case because the information inside this specific book is easy to get by means of anyone. These books create itself in the form which can be reachable by anyone, sure I mean in the e-book form. People who think that in guide form make them feel tired even dizzy this book is the answer. So there is absolutely no in reading a reserve especially this one. You can find what you are looking for. It should be here for you actually. So , don't miss that! Just read this e-book type for your better life in addition to knowledge.

**Michelle Bachman:**

Don't be worry should you be afraid that this book may filled the space in your house, you could have it in e-book technique, more simple and reachable. That Why Weight? A Guide to Ending Compulsive Eating can give you a lot of good friends because by you investigating this one book you have factor that they don't and make you actually more like an interesting person. This specific book can be one of a step for you to get success. This guide offer you information that might be your friend doesn't understand, by knowing more than various other make you to be great individuals. So , why hesitate? We should have Why Weight? A Guide to Ending Compulsive Eating.

**Download and Read Online Why Weight? A Guide to Ending  
Compulsive Eating By Geneen Roth #BQ0XYAO8ULW**

## **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**