



Women Food and God: An Unexpected Path to Almost Everything

Geneen Roth

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Geneen Roth's 1991 bestseller, *When Food Is Love*, spoke to a wide audience—including Oprah Winfrey, who embraced Roth's empowering message. Since then, Roth has taken the sum total of her experience and combined it with spirituality, psychology, and self-awareness to explain women's true hunger in *Women, Food, and God*.

Roth's approach to eating is the same as any addiction—it is an activity to avoid feeling emotions. From the first page, readers will be struck by Roth's intelligence, humor, and sensitivity, as she traces the path of overeating from its subtle beginning through its logical end. Whether the drug is booze or brownies, the problem is the same: opting out of life. Roth's premier advice is *eat anything you want*. She powerfully argues for personal investigation and urges readers to pay attention to what they truly need—and it usually cannot be found in a supermarket. She provides seven basic guidelines for eating (the most important is to never diet) and shares reassuring, practical advice that has over the years helped thousands of women who have attended her highly successful seminars and workshops.

Truly a thinking woman's guide to eating—and an anti-diet book—women everywhere will find insights and revelations on every page.

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