



Letting Go of Compulsive Eating: Twelve Step Recovery from Compulsive Eating - Daily Meditations

Anonymous Members of Twelve Step Recovery Programs

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Review This is a beautiful book in design and content. The truths are spoken so well. It is a pleasure to see unspoken truths put into such good words. The book will be my companion to Overeaters Anonymous "For Today." It is profound. It is joyous. It speaks of the trials and the hardwon recovering. The glow is here. Thank you for your service and hard work to put together these splendid meditations. --Maggie (Boca Raton, FL) Product Description Letting Go of Compulsive Eating is an inspirational reader used by members of Overeaters Anonymous and others with eating disorders, substance abuse problems, or behavior addictions. Anonymous individuals who practice Twelve Step Recovery decided to produce this daily reader to more fully reflect our experience with dieting and recovery from compulsive eating. Such collective wisdom helps us to view each day as an opportunity for happiness by focusing on the reality of today without the burdens of compulsive eating. We are on a brighter firmer path. Our experience with dieting is what we first tried to solve life problems and compulsive eating. It is where we first hit bottom. Often it made us sick and impaired our thinking. We came into Twelve Step Recovery. With quotes from Anne Lamott, Camryn Manheim, Bob Dylan, Joan Didion, Oprah Winfrey, Alice Walker, Aimee Liu, and other notables, past and present, used in concert with the meditations, this reader brings some of the pleasures and rewards about truth-telling and arriving at self-truth to the surface. Selections deal with our desperation and fear, misconceptions about life, and especially, how our ideas of love, the terrors of love, and romantic addiction have played into our dieting and the methods we have tried. We talk about what we have tried for control, invisibility, buying time, putting off or conquering life. We identify 'So Many Lies' about the remedies, behaviors and methods, and tell about putting our lives on the basis of truth. We tell what happened to make us stop using compulsive dieting and to come into Twelve Step Recovery. We share about "Self-Care" and "Building On Identity" - what we do to practice clear thinking, detach from erroneous messages, clear away selfdeception, develop kindness toward self and others, be safe, recognize and deal effectively with attack voices, deal with overwhelming emotions, know and practice courage, serve, and build identity based on our God-given talents, abilities and enthusiasms. We talk about love, honor, loving self, loving another, loving the world.

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From reader reviews:

Emma O'Neill:

Book is to be different per grade. Book for children until finally adult are different content. As it is known to us that book is very important for all of us. The book Letting Go of Compulsive Eating: Twelve Step Recovery from Compulsive Eating - Daily Meditations has been making you to know about other understanding and of course you can take more information. It is quite advantages for you. The publication Letting Go of Compulsive Eating: Twelve Step Recovery from Compulsive Eating - Daily Meditations is not only giving you far more new information but also being your friend when you truly feel bored. You can spend your spend time to read your e-book. Try to make relationship with the book Letting Go of Compulsive Eating: Twelve Step Recovery from Compulsive Eating - Daily Meditations. You never sense lose out for everything in case you read some books.

Janelle Garrity:

Spent a free time to be fun activity to perform! A lot of people spent their leisure time with their family, or all their friends. Usually they doing activity like watching television, planning to beach, or picnic from the park. They actually doing same every week. Do you feel it? Do you want to something different to fill your current free time/ holiday? May be reading a book can be option to fill your free of charge time/ holiday. The first thing you will ask may be what kinds of guide that you should read. If you want to attempt look for book, may be the book untitled Letting Go of Compulsive Eating: Twelve Step Recovery from Compulsive Eating - Daily Meditations can be fine book to read. May be it is usually best activity to you.

Maria Swensen:

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Ryan Walker:

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