



Women, Food, and Desire: Embrace Your Cravings, Make Peace with Food, Reclaim Your Body

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A holistic health counselor and co-star of award-winning documentary *Super Size Me* explores women's cravings—for food, sleep, sex, movement, companionship, inspiration—and teaches them to listen to their bodies for a healthier, fuller life.

Transformational health expert Alexandra Jamieson is a woman on a mission. Having overcome her own food addictions and the weight and health problems these habits caused, she learned something life-altering: when we listen to our cravings, they will lead us onto the path of deep healing. Since her own personal breakthrough more than a decade ago, Alexandra has dedicated her life to helping other women learn to listen to the wisdom of their cravings and make food their greatest ally as they step into their lives with authentic passion.

In this powerfully feminine manifesto, Alexandra dares us to face our cravings head-on, to make the self-commitment to no longer hide out behind food, self-loathing, or the limiting expectations of others. With love, deep compassion, and fearless honesty, she calls upon all of us to boldly use food as a tool to cleanse ourselves of the nutritional, emotional, physical, and mental blocks that limit our ability to live full, meaningful, and joyful lives.

In this book she'll show us how:

- Our cravings are the gatekeepers of our deepest longings and desires
- Transforming habits set us free
- Detoxing unclutters our bodies and minds so we may engage in our lives with more power and authenticity
- Embracing our sexual selves makes us more powerful
- Trusting ourselves and surrounding ourselves with a nurturing community is essential for a vital, healthy, hot life

Women, Food, and Desire: Embrace Your Cravings, Make Peace with Food, Reclaim Your Body Details

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From Reader Review Women, Food, and Desire: Embrace Your Cravings, Make Peace with Food, Reclaim Your Body for online ebook

Sharon says

Although the author mentions basic lifestyle essentials, like eating whole foods, sleeping more and exercising, the focus on the false idea of detox overshadows the other issues. Your liver and your kidney detox, diets do not detox.

GONZA says

This is not the usual diet book, but rather a series of techniques that often revolve around mindfulness and the understanding of our needs and cravings to fulfill our desires and to live and act in a more conscious way, either in the kitchen or in bed.

Questo non é il solito libro sulla dieta, quanto piuttosto su una serie di tecniche che spesso ruotano attorno alla mindfulness e alla comprensione dei propri bisogni e desideri per vivere ed agire in modo più consapevole, sia in cucina che a letto.

THANKS TO NETGALLEY AND GALLERY, THRESHOLD; POCKET BOOKS FOR THE PREVIEW!

Melissa Dally says

Pretty solid, good read for people trying to lose weight and such. Some of it was just a little...out there? I surely wouldn't tap myself and speak aloud to deal with my anxiety. Maybe you're supposed to find a place to do that privately, but for me, having people know I'm freaking out when I'm freaking out in public would make that way worse.

Nina ~ Social Butterfly PR says

I seem to be gravitating towards self-help type books lately. Last month I read a book that was about the relationship with your partner, this month I picked up a book that is about the relationship with food. I am going to be honest here, food and weight and making changes are never something I love to talk about or maybe even read about. Why? Because it makes me look in the mirror and ask questions that honestly I don't want to have to face. I am a bury my head in the sand type of girl and carry the Scarlett O'Hara mentality of "after all tomorrow is another day" and I will deal with it then. But when I had the opportunity to choose a book to read this month for my Gallery Books, #XOXperts read, oddly I chose Women, Food & Desire. It was sitting on my desk with all my other books to read and it just kept screaming at me...Pick me! Pick me! So after much internal debate...I jumped into the book that told me I was going to 'Embrace my cravings, make Peace with food, Reclaim your body' with much trepidation.

Color me surprised. I actually really liked this book. I didn't get a sense that Alexandra Jamieson was taking me to task or pointing her finger at me with a 'shame on you' look for actually eating an Oreo Blizzard while reading this book. (again, read today – implement tomorrow) Her voice in this book is one of tenderness and support. I didn't feel like she was trying to SELL me on her ideas, but more of a let's take this one step at a time, and I will be your invisible friend and hold your hand while we figure out your cravings and how to turn the negative connotation of food into a positive. Her ideas are simple and basic, and some were quite witty and entertaining. Did YOU know that an orgasm can help relieve constipation? Well I sure as hell didn't! Her suggestions are attainable. Her examples are easily understood. And her approach is well received.

Walking away from this book, I understand a lot more about the basic reasons why we eat and crave certain foods. I have a better sense of why choosing one healthier food over a not so healthy one is better for my body and not just an issue of calories. I get a better understanding at the process of calming my body and just relaxing. I don't think anyone of us who has, was or is struggling with their body weight or image can truly say they don't need some guidance with why we eat the way we do. It's all about trusting ourselves around the foods we have a choice of eating. It's about eating what is not only good for our bodies, but good for our soul too.

I encourage everyone to pick up *Women, Food & Desire*. It is not a book just geared towards people who are overweight or struggling to lose pounds. Even the skinniest and most athletic people would benefit from this book. Because at the end of the day, what Alexandra Jamieson is helping us with through this book is to identify our cravings, fuel our body and mind with the better food choice and attain all things we really desire when it comes to our body.

As I type this review, and eating an apple I will admit, I have some great new outlooks on the choices I am making with food and why. When I sat down to read this book, was that what I was originally planning to get out of it? I have no idea to be honest, but I do feel so much more enlightened on why I have really let food control me and not let myself control the food I eat. So in the end, I am glad I picked up this book and I hope you take the time out to read it as well! Cheers!

Amazon US:<http://amzn.to/1xJ5SSF>

I received this copy from Gallery Books in exchange for an honest review and as a part of the #XOXperts group!

Amanda says

Alexandra Jamieson's book was helpful and had a lot of good stuff to say on the subject of self-care. The book only gets 3 stars because a lot of the information is covered in other books by other writers, the information is scattered, and she repeats herself quite a bit. She also talks about "no deprivation, no rules" and then touts a detox where you eliminate sugar, dairy, gluten, soy, corn etc. It's contradictory...

Sarah says

I love this book! I originally picked it up to help me with my clients but I ended up learning so much from Alexandra. She really inspired me! It's not only a book about food but self love and accepting others the way they are. I highly recommend this book for all women!

Laurie says

"We are what we repeatedly do. Excellence, then, is not an act, but a habit. - Aristotle

Lindsey Sheehan says

I think the book had a lot of good ideas: slow down with food; think about what you really want/desire; step up and be willing to take what you need. While Jamieson's writing wasn't always the most eloquent (she's more conversational, talking about "bitch brain", etc), she quotes/discusses other authors/researchers I really love like Sheryl Sandberg and Brene Brown, which actually gave what she was saying a little more backbone for me.

Margot says

I've never written a review on Goodreads before but for this book I'm making an exception. I loved every word of this book so much, it gives me the hope, the strength and the courage I need to start healing myself slowly and steadily. This book is just the right blend of advice and real life stories about food, feeling good in your body, sex and just being yourself. It's such an empowering read that I want to buy ten copies and gift them to all of my friends. I felt so utterly humble reading this book and actually thinking about loving myself and taking care of my body the way nature intended for me to that it made deep emotions bubble up to the surface. Thank you Alexandra Jamieson for helping me realize I am a wonderful person, a beautiful person even. I feel now that I am aloud to desire and fulfill those desires to become the person I deep down always knew I am, on the outside as well as the inside, healthy and happy. I can only recommend this book to any woman struggling with self-love and food related issues and also every man who wants to understand the deepest desires of a woman to be healthy and loved.

Kerry says

Run, don't walk to the bookstore...

Ryceejo says

A solid 3.5 stars, but I'm rounding up to 4 because this book can do a lot of good for women. This is a liberal, almost edgy approach to desires, passions, etc.

A quote I loved: "This is why diets fail. They don't teach you how to listen to your body. They don't empower you to trust your own excellent judgement about food. They don't, as a rule, teach you to discern which foods make you feel bloated and sluggish. That's because most diets are not a dialogue, they are rule books, and pretty bossy ones at that." (p.127)

I feel that sometimes the author herself is still a bit confused on her position regarding food. For example, she has an incredible chapter about the importance of eating intuitively, and the book talks a lot about listening to your body and its desires. Then on the next page she'll talk about how great it is to finally liberate yourself from sugar, gluten, dairy, etc. She believes diets = deprivation (And I vehemently agree), yet she'll talk about finding the new you through detoxing from "The Toxic Six."

While I do agree that large amounts of sugar, processed carbs, and really anything can make your body ill, I believe in moderation in all things. It seems that Jamieson believes that women either binge on sugar or sneak one little chocolate chip every now and then. How about the in-between? I love sugar, but I don't binge on it. I heed portion sizes (most of the time *wink*). I try to balance my diet with other things (still working on those vegetables). This book seems largely geared towards overweight women who are addicted to junk food and need to lose weight. That was *every single* case study she gave, anyway.

The language and occasional sex talk puts this book at a PG-13. Definitely worth a read, but not as amazing and life-changing as "Intuitive Eating," where there is no gray area.

Julie says

Women, Food, and Desire by Alexandra Jamieson is a 2015 Gallery Books publication. I was provided a copy of this book by the publisher/ and XOXperts group in exchange for an honest review.

If you follow my reviews, you know that self-help books have only made an appearance on my TBR list only a handful of times. I am not a fan of them for a plethora of reasons, but this one caught my eye because as a woman I have struggled most of my adult life with weight issues. So, I thought I would see what the author had to say about dealing with food cravings and understanding why we have them and how to address them.

Naturally, I have binged on chocolate, fast food, cheese and salty snacks during my cycle and have wondered why my body seems to need these foods at certain times and not at others. The author makes a lot of sense when she speaks about the way food makes us feel and how it is connected to our emotional and mental health.

This book does address the particular issues women face due to hormones, stress, life's ups and downs and the effects those forces might have on our minds and bodies which leads to our brains and bodies trying to send up signals and messages. I have no doubt that our lifestyles, hormones, and years of bad habits, and the psychology of women's roles in society, all play a key role in how we address food and react to those intense cravings or impulses we are all prone to at one time or another. Do we try to ignore these cravings? Well not exactly.. instead we find out why those cravings are there in the first place and learn what deeper desires are at the root of those cravings.

If you struggle with food, want to better understand why we do the things we do and how to cope with cravings, break bad habits and address what is going on in your life other than food, then you may find this book quite helpful and an inspiration. It certainly had me thinking about things in a different way. The way the author presents her findings is often very humorous because she relays stories from her own personal experience. This is a fresh approach that keeps the book from becoming a life coach exercise or just plain dry reading.

I agreed with a lot of the author's suggestions, and believe her findings have relevance and might really help people cope with craving impulses in good way, even embrace it as the case may be. However, I am missing the part about where all this is grounded in medical research or if the author has some kind of degree in nutrition or psychology.

So, while I found many things she pointed out to be sound advise, I didn't agree with everything she suggested and I would certainly encourage the reader to use this book as a guide only, or perhaps a motivational tool, but not something to be believed in as the gospel truth. I suggest keeping your appointments with your doctor and nutritionist and if need be seek advise from a mental health care provider.

Overall I think the book deals with the whole person and not just food cravings, is certainly thought provoking and might be just the thing you need to point you in the right direction in improving all areas of your life in order to embrace what it is you really desire and to achieve it. Interesting reading for sure. 3.5 rounded to 4

Kelly Lynn Thomas says

This is one of those "do these natural things I tell you and you will feel amazing!" books. Uh, no. Sorry, but my migraines aren't going to go away because I become vegan (something that was suggested in the first chapter).

Lacey says

I ordered a philly cheesesteak and the question crossed my mind - "What is missing in my life that this sandwich is replacing?" I knew immediately that what was missing in my life was a philly cheesesteak.

Side note: Ms. Jamieson shares a lot of her own personnel stories. I want to point out that the title refers to OUR cravings and OUR body - not just hers, which is where her knowledge base seems to stem from.

Savanna says

This book wasn't what I expected. That's not always a bad thing. I've read plenty of books that weren't what I thought they'd be but gave me an immersive and moving experience. Not so with this book. Its surprises were, in my opinion, also weaknesses.

The title implies a critical approach to women's socialization and the cultural significance of food and desires. These are hugely interesting and important topics! But the book doesn't offer a critical approach and only very superficially touches on the cultural pressures that oppress women. It urges you to "make peace with your body" and reject "unrealistic standards" but also uses "fat" as a negative word and describes "excess weight" as a symptom of unhealthiness and sadness. "Losing weight" is held uncritically throughout the book as a self-evident goal. So the book both tells you to just will yourself out of negative self-image and that being fat is bad and, ultimately, caused by overeating. Setting aside that fatness is not always a result of overeating and certainly not a sign of unhealthiness in itself, I was also troubled that a book whose title is all about the relationship between women, food, and desire provided absolutely no historical context, very little

critical analysis, and only the barest and even contradictory discussion of patriarchal capitalist pressures on women. A more accurate title would be "One Woman's Experiences with and Approach to Eating."

The book's subtitle suggests a how-to guide to establishing a good relationship with your body—sorely needed advice in a society where so many women reflexively hate themselves and view eating as a moral or immoral undertaking! But instead of explaining that food is food and that what you eat or how you look don't need to determine your value or identity as a person, the book describes curbing or not indulging food cravings as "virtuous." I don't think this contradiction is deliberate or even self-aware, but viewing food as good or bad—assigning moral values to foods—and describing some types of eating as a virtue and others as a vice directly fuel women's negative image. We need to stop telling ourselves and each other that there's good or evil in nourishing our bodies. No, eating ice cream isn't "bad." Eating a carrot isn't "good." I won't get into bioethics here but equating goodness and badness with healthiness and unhealthiness is unreasonable and leads to very harmful conclusions—such as the idea that fat people are fat out of personal vice while thin people are thin out of virtue. This idea isn't scientifically accurate (people have different metabolisms and different access to types of food!) and, more worryingly, it makes fat people and especially fat women hate themselves. Just stop already.

So, to be fair, I expected something very different from this book based on its title and subtitle. What I did find is a thinly veiled diet book that both claims to reject the idea of dieting through deprivation and encourages readers to eat less in order to lose weight and become happier. This isn't revolutionary and this isn't even logically consistent. Plus, while a personal touch is rarely a bad thing, I found that too much of this book read as memoir—again, not what I signed up for when I checked this book out from the library. And lastly, meaning no offence personally to the author or to anyone who identifies with new age spirituality, the book's misapplying Buddhist and Hindu concepts to Western diet culture and "spirituality" also irritated me. Why introduce sacred concepts that you've taken out of their original context and then give them silly names like "earth mama" that you find "more applicable" to your own belief system? That's a disrespectful way to approach other people's religion, and I don't see why it's necessary or helpful in this context. Also, I'm a size 12. I'm "curvy." And I'm sick of people using bullshit euphemisms like "earth mama" to describe my build. Being chubby doesn't make me primal or maternal. It makes me chubby. Please fuck off.

There's also very little science in this book although the author does sometimes appeal to "scientists," unnamed and uncited, in an attempt to justify some claims. Most of the claims are very inductive—based on hunches and anecdotal evidence, and never tested or examined. I strongly believe people should derive their own meaning and comforts for their own lives whenever they can. Follow your own intuition! Live your life. But I do have a hard time stomaching those subjective truths when they're presented as objective fact for everybody—especially in such an uncritical way. If this book gives you some comfort or help in your own life, I'm sincerely happy for you. But to me, its uncritical, inductive, and contradictory approach made it more a hindrance than a help in my own search for peace with my woman body.

Note: Outside Goodreads, I'd give this book two stars out of five because it's not badly written or structured. I'm using Goodreads logic of one star being "I didn't like it" and two stars being "it was okay."
