



When Food Is Love: Exploring the Relationship Between Eating and Intimacy

Geneen Roth

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In this moving and intimate book, Geneen Roth, bestselling author of "Feeding the Hungry Heart" and "Breaking Free from Compulsive Eating," shows how dieting and compulsive eating often become a substitute for intimacy. Drawing on painful personal experience as well as the candid stories of those she has helped in her seminars, Roth examines the crucial issues that surround compulsive eating: need for control, dependency on melodrama, desire for what is forbidden, and the belief that one wrong move can mean catastrophe. She shows why many people overeat in an attempt to satisfy their emotional hunger, and why weight loss frequently just uncovers a new set of problems. But her welcome message is that the cycle of compulsive behavior can be stopped. This book will help readers break destructive, self-perpetuating patterns and learn to satisfy all the hungers - physical and emotional - that make us human.

When Food Is Love: Exploring the Relationship Between Eating and Intimacy Details

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Author : Geneen Roth

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Patty says

Clear and easy to read. The author is painfully honest about her issues with food.

Rachel says

My therapist wanted me to read this. It was super short & relatable...made me realize some things about myself. Definitely worth the read if you have an eating disorder or any kind of food issues.

Kat says

This book is nominally addressing the issue of replacing love and security with over eating. However, its words are applicable to anybody who finds themselves lacking in an understanding of how to love and be love, feels or has been entirely out of control of the love expressed or withheld by those closes to them, and substitutes love/fulfills their need for love with something the CAN control whether that be food, sex, work, or emotional reclusion. It is honest, heart felt, and a very well written. The author share the most intimate moments of fear, love, vulnerability, and epiphany from her own experience allowing the reader to see a change of perspective that can, in turn, help them change the way they think and feel about love.

I was recommended this book by a nutritionist who finds the greatest hurdle for her clients in eating healthy are usually emotional hurdles. But once I read it, I sent copies to half a dozen people I love. I would recommend this book to anyone who feels uncomfortable or dissatisfied with their relationship to love and romance.

Madi says

I've read the wrong book!

I was hoping for a book on how to release emotional eating and all I've got was dissapointment. All the theory she talks in about 200 pages could have been comprised in a single essay. There are too many real stories and too little advice.

Clearly a book in which the author tried some sort of self therapy by recalling all of her unfortunate events and choices she made throughout life.

Disappointing because of so many reasons: no clear story line, everywhere and nowhere in the same time, and sometimes even depressingly repetitive.

Kris Irvin says

This book was absolutely excellent. I would recommend it for anyone struggling with an eating disorder, particularly compulsive overeating, and I would also recommend it to anyone who is getting sick of dieting (aren't we all?)

I really like how Roth gives us stories about herself and about people she has worked with. I find it much easier to read than just trying to read straight facts. Thankfully, Roth gives plenty of life to her book instead of just boring psychobabble.

The psychobabble part is awesome though. I found myself startled more than a couple of times with how much I could relate to what Roth was saying. I'm now making my husband read this book so that he can understand my thought processes better.

I'm not giving concrete examples of what I learned from this book because there is SO MUCH I learned that it would be impossible. Just read this excellent book - it is surely helping to free me from the shackles of constant dieting. What a relief. I'm onto Roth's over works next.

Cara says

well holy crap. if you've got any kind of messed up relationship w/food, this book will blow your mind. I read it, then read three more by her, then flew to Santa Cruz to do a 5-day workshop with her that was just amazing. It's basically exploring Buddhism via your relationship with eating. She's funny, and clear, and I couldn't put any of her books down.

Trieste says

Geneen Roth is vulnerable and honest. I was surprised by how easy it was to relate to her story even though it is so different from mine. Anyone with a troubling relationship to food should give this a go.

Julia says

Is okay...the information is good but the delivery is redundant...spending a dollar to save a dime. Meaning little meat and a lot of fluff...so yes the information is good but I is a pain in the boring butt to get it.

Vivian says

I read this book many years ago, and it was one of many that finally showed me that there was a way out of the trap of eating for emotional reasons. Some extra fluff, but the crux of the book is solid.

Angela says

Fantastic book. Spoke to me deeply

Sarah says

I really appreciated this book. While I don't have a problem with food, I felt that a lot of what Roth discusses was still applicable to me. The focus of the book is not food specifically, rather all the (unhealthy) things we do to cope with unresolved childhood pain. She discusses compulsive behaviors relative to food, but also relative to relationships. I could relate to Geneen's irrational fears about losing love and the way it made her react in extreme ways to fairly normal circumstances. What I took from the book is a) to become conscious and aware of these behaviors and to realize b) that it is possible to change them. Something I like about Geneen's story is that it shows that this kind of change doesn't come fast. It takes a lot of pain to realize you've had enough of perpetuating something that is no longer relevant and to come to trust that it is not necessary -- you can live without your pain. So, I guess this book is really about letting go of pain to allow adult love into your life.

Massanutten Regional Library says

Annie, Main patron, July 2015, 5 stars:

Wonderful! For any woman (or man) who has issues with self worth and eating, this book knows just what to say.

Julie Ehlers says

"The problem with fantasy is the greatest benefit of fantasy: it prevents us from living in the present moment. But the present now is different from the present then."

This book was a little better written than Roth's first book, and it contains so much wisdom it's almost unbelievable. There are a few points she made here that will stick with me for a long time.

Orengett says

This book helped me change my life..

Dianne says

This book brought up some good points. It felt more like a catharsis for the author and less like it was just for the reader but perhaps if I had gone through what she's gone through, I'd be happy to have someone tell "my" story and give me hope to break free. Worth a read, for sure.
