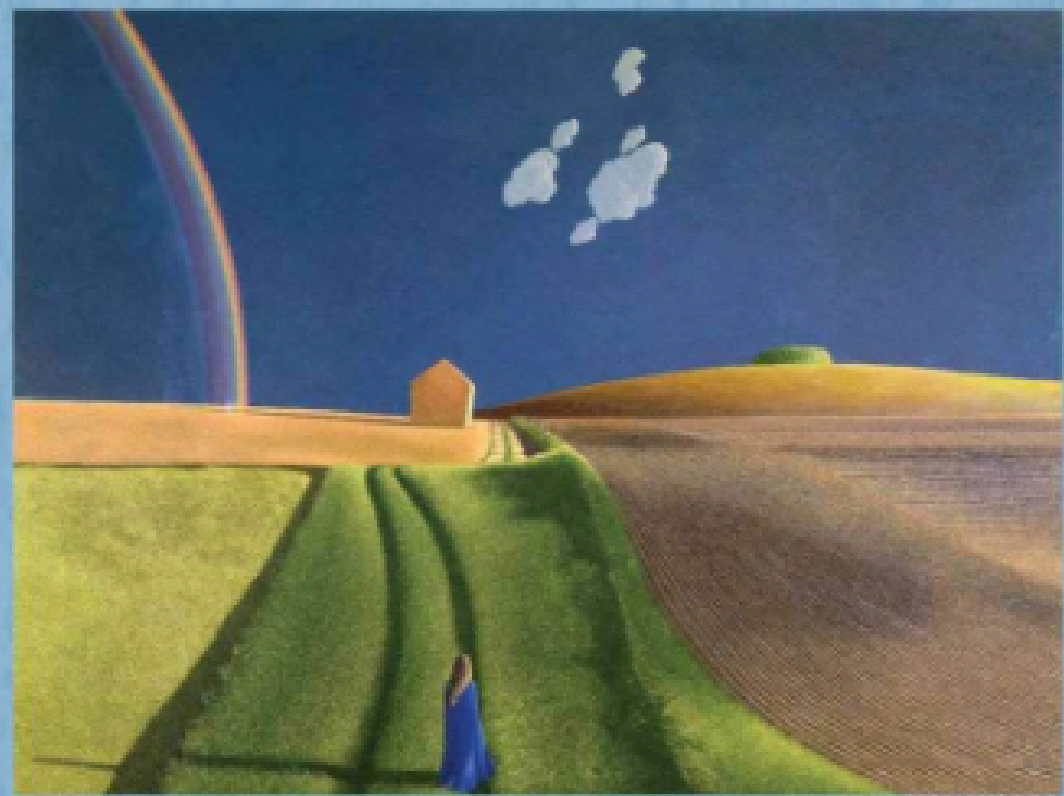


When you stop pushing & pulling yourself around food and body... when you actually relax & listen to the truth of what is there, something bigger than your fear will catch you.

With repeated experiences of opening and ease, you learn to trust something infinitely more powerful than a set of rules that someone else made up: your own being.

-geneen roth

WOMEN FOOD AND GOD



An Unexpected Path to
Almost Everything

Geneen Roth

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