

Feeding The Hungry Heart: The Experience Of Compulsive Eating

By Geneen Roth

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Feeding the Hungry Heart has 507 ratings and 30 reviews. Marci said: This book, and others by Geneen Roth, was recommended to me by a med student working

Lord God, thank You. I have no elaborate words of praise to shower You with today. But my word of thanks comes flowing from an overwhelmingly grateful heart.

Geneen Roth was born in New York City. She is a writer and a teacher who has gained international prominence through her work in the field of eating disorders.

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Feeding the Hungry Heart Cultivating a connection to the Divine addresses feelings of powerlessness and purposelessness and satisfy our material cravings.

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I never met an emotion I couldn't shove with food. Whether I am stressed, angry, hurt, mad, happy, lonely, tired, frustrated, lazy, all can be lulled with food.