

Feeding the Hungry Heart



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出版者:Penguin USA

出版时间:1993-9

装帧:Pap

isbn:9780452270831

This is how Geneen Roth remembers her time as an emotional overeater and self-starver. After years of struggle, Roth finally broke free from the destructive cycle of bingeing and purging. In the two decades since her triumph, she has gone on to help tens of thousands of others do the same through her lectures, workshops, and retreats. Those she has met during this time have shared stories that are both heartrending and inspiring, which Roth has gathered for this unique book.

Twenty years after its original publication, Feeding the Hungry Heart continues to inspire women and men, helping them win the battle against a hunger that goes deeper than a need for food.

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