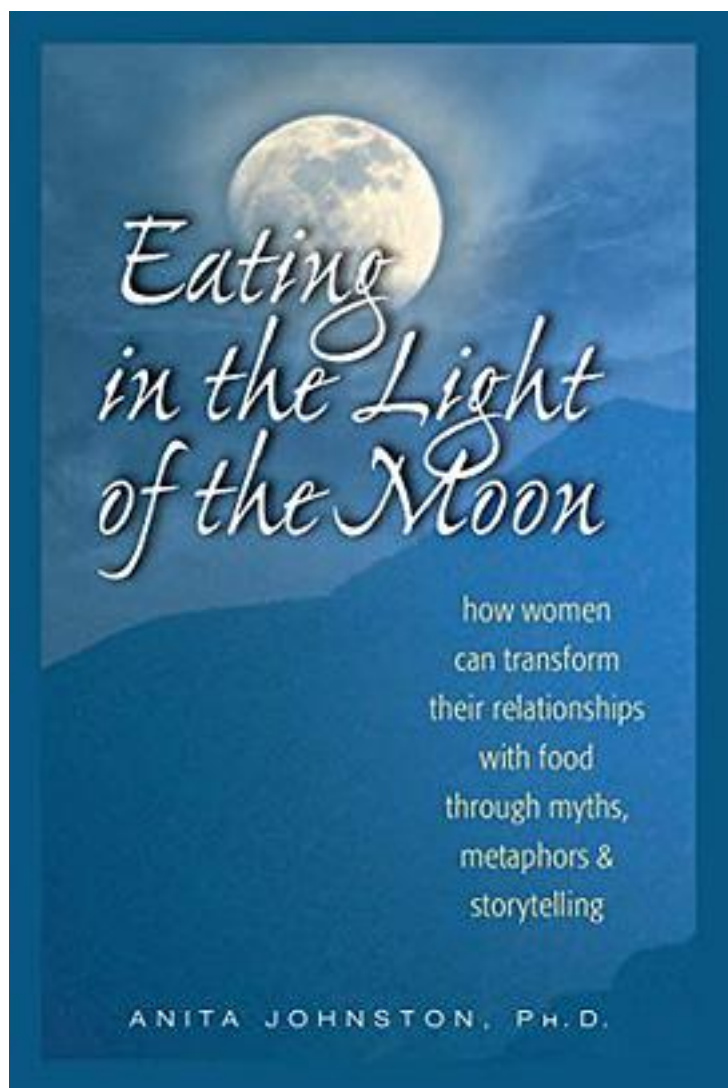


Eating in the Light of the Moon



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Reading this book is an enlightening experience! Weaving a rich tapestry of multicultural myths, ancient legends, and simple folktales, Anita Johnston teaches women how to free themselves from disordered eating by discovering the metaphors that are hidden in their own life stories. "Storytellers speak in the language of myth and metaphor," Johnston explains. "They tell us a truth that is not literal, but symbolic. If we hear the stories with only the outer ear, they can seem absurd and untrue, but when listened to with the inner ear, they convey a truth that can be understood and absorbed on a deeply personal level. In this way, stories help us connect with our inner world, to the natural rhythms and cycles of the earth, and to the power of our intuitive wisdom." In addition to being immensely enjoyable reading, *Eating in the Light of the Moon* is filled with practical exercises and profound insights. Twenty chapters explore different themes of self-discovery and empowerment on core issues such as: Intuition: The Inner Seeing, Hearing, Knowing Symbolism: Hunger as a Metaphor Feelings: Gifts from the Heart Moontime: Reclaiming the Body's Wisdom Dreamtime: The Journey Within Sexuality: Embracing the Feminine Recovery: Out of the Labyrinth

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