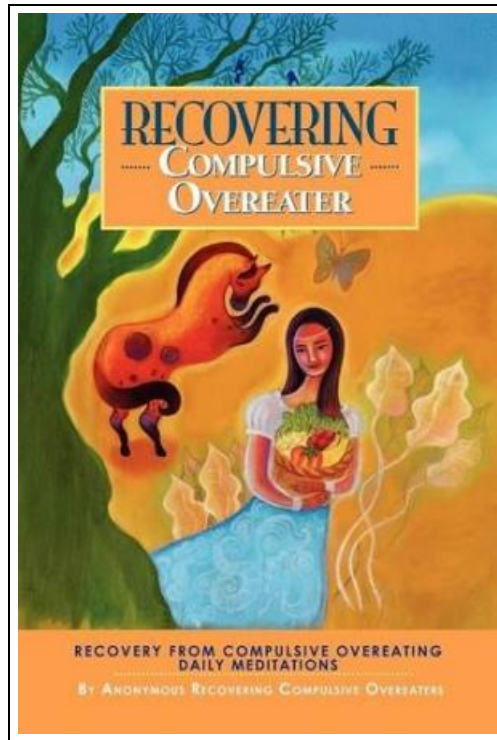


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RECOVERING COMPULSIVE OVEREATER - DAILY MEDITATIONS (PAPERBACK)



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Partnerships For Community, Inc, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Recovering Compulsive Overeater is an inspirational reader used by members of Overeaters Anonymous and others with eating disorders, substance abuse problems, or behavior addictions. Anonymous individuals who practice Twelve Step Recovery decided to produce this daily reader to more fully reflect our experience with dieting and recovery from dieting and compulsive eating. Such collective wisdom helps us to view each day as an opportunity for happiness by focusing on the reality of today without the burdens of the dieting methods we have tried. We are on a brighter firmer path. Our experience with compulsive dieting is what we first tried to solve life problems and compulsive eating. It is where we first hit bottom. Diet remedies and compulsive eating made us sick and impaired our thinking. We came into Twelve Step Recovery. Health with weight management is possible. These meditations are by and for recovering compulsive overeaters. With quotes from Anne Lamott, Camryn Manheim, Bob Dylan, Joan Didion, Oprah Winfrey, Alice Walker, Aimee Liu, and other notables, past and present, used in concert with the meditations, this reader brings some of the pleasures and rewards about truth-telling and arriving at self-truth to the surface. Selections deal with our desperation and fear, misconceptions about life, and especially, how our ideas of love, the terrors of love, and romantic addiction have played into our use of diet remedies and the methods we have tried. We talk about what we have tried for control, invisibility, buying time, putting off or conquering life. We identify So Many Lies about the remedies, behaviors and methods, and tell about putting our lives on the basis of truth. We tell what happened to make us stop...



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