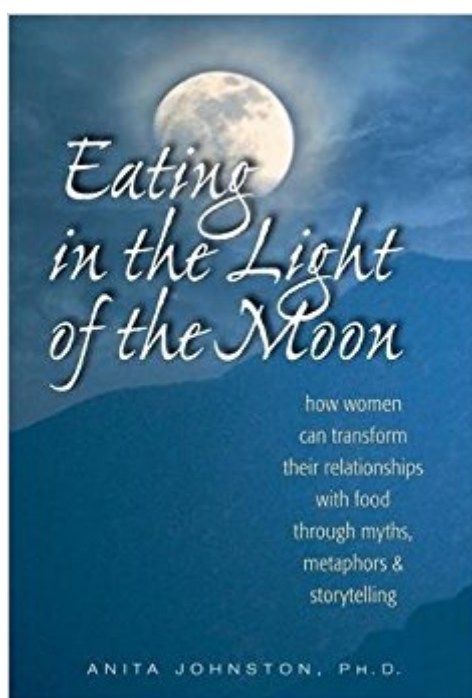


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# Eating In The Light Of The Moon: How Women Can Transform Their Relationship With Food Through Myths, Metaphors, And Storytelling



## Synopsis

By weaving practical insights and exercises through a rich tapestry of multicultural myths, ancient legends, and folktales, Anita Johnston helps the millions of women preoccupied with their weight discover and address the issues behind their negative attitudes toward food.

## Book Information

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## Customer Reviews

"Read it in the light of the moon and the inner wisdom you find will be worth the lost sleep!" --  
-National Eating Disorders Organization newsletter  
"This beautifully-written book sheds new light on struggles with eating . . . and offers hope for all who want to be free." --  
-Kim Chernin author of *The Hungry Self*  
"This book is a gift to all women who struggle for true nourishment!" --  
-Christiane Northrup, M.D. author of *Women's Bodies, Women's Wisdom*

Anita Johnston, Ph.D., is a clinical psychologist in private practice who specializes in women's issues and eating disorders. She co-founded the Anorexia and Bulimia Center of Hawaii in 1982 and lectures widely. Dr. Johnston lives with her husband and two daughters in Kailua, Hawaii.

I was only in the first chapter when this book started opening my eyes. If you're ready to read something like this, if you want to know the real reasons why you eat the way you do then this is the book for you. I obsess over every calorie that goes into my mouth, I think about food all the time, because I have to control it, or it will control me. Or so I thought. This book made me see that food

and my relationship with it already controls me. In our society we are taught that there is only one ideal, one perfect body and yet less than 4% of women have that body and yet almost every one of us strives for it when it is impossible. Who tells us how we should look? Men. It's not a male bashing book at all but you have to realize that we live in a male dominated society and everything and I do mean everything stems from that. As long as we let other people control our minds and how we feel about ourselves, our lives are not our own. A powerful book, if you're ready it will help you change your relationship with food.

omg, omg, omg spoke to me from very first page, was in tears lots of time because it helped me not feel so crazy. This is my bible now. If you have ANY food or disordered thinking going on please get it and know you are not alone and can do something to improve how you feel about life, food and any struggles you are having

I learned a lot about women's history and why we feel so empty all the time.

A little feminist but entertaining, great ideas. Yes women do worry too much about eating, weight, body image.

Because I'm not anorexic and have never purged, I wasn't sure how this book would be helpful. I am morbidly obese and considering bariatric surgery and it was recommended by a therapist from a weight loss surgery support group. I am so thankful that I read this book because it spoke to a part of me that tends to get set aside in the day to day living and the pressures to do the right thing and be the right person, not to myself but to family, friends and coworkers. I loved the imagery of the stories and the way the author presented everything. Lots to absorb and determine how to incorporate into my own journey.

This book spoke directly to my soul. I can't even manage to put into words how deeply this book has touched my heart, and I felt completely engulfed in empathy, understanding, and resolution by it. My psychologist recommended this book to me I was reluctant to pick up yet ANOTHER book on my disordered eating but I am so very happy I did. For those who cannot figure out for the life of them WHY they have developed disordered eating.. this is the perfect book for them. It will really have you search your soul to address the real root of the problem. The fables and folklore it uses to explain in metaphor the depths of disordered eating are beautiful and inspiring. Such a creative way

of opening up my mind and so much different than any other book I've read for disordered eating.

This book changed my life one page at a time. This book along with ED treatment at a center gave me my life back. Everything I was reading was so relatable. It all came together and life made sense. Give this book a shot to accompany you on your road to recovery.

This was such a beautiful book that embraces true femininity. I savored every bit and read it slowly. I wished it would never end. I ended up buying it for at least 5 other woman I love. It's one that I will go back to and read bits over and over again. Wow!

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