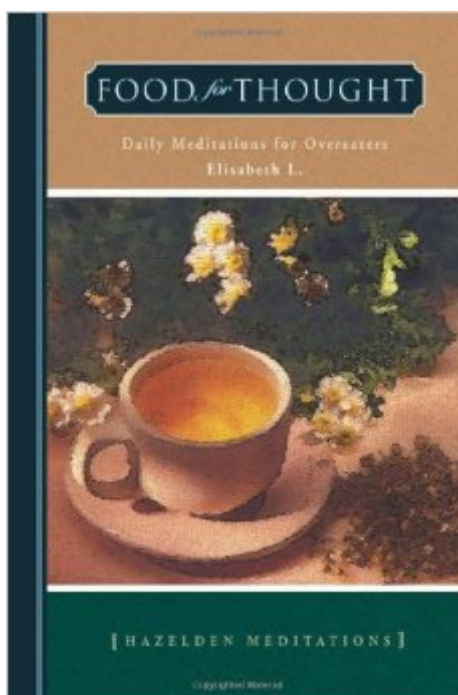


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# Food For Thought: Daily Meditations For Overeaters (Hazelden Meditations)



## Synopsis

Food for Thought offers wise and comforting words for compulsive overeaters who seek to understand the role of food in their lives. Each day's reading in the best-selling classic--the first Hazelden meditation book to address the needs of overeaters--supports a life of physical, emotional, and spiritual balance. Read daily by millions, Hazelden meditation books have set the standard for quality and popularity. Like all the Hazelden meditation favorites, Food for Thought provides enduring wisdom, reassurance, and strength.

## Book Information

Series: Hazelden Meditations

Paperback: 400 pages

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Product Dimensions: 1 x 4.2 x 6.2 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars Â Â See all reviews Â (71 customer reviews)

Best Sellers Rank: #84,243 in Books (See Top 100 in Books) #95 in Â Books > Health, Fitness & Dieting > Addiction & Recovery > Drug Dependency #109 in Â Books > Health, Fitness & Dieting > Mental Health > Eating Disorders #192 in Â Books > Religion & Spirituality > New Age & Spirituality > Mysticism

## Customer Reviews

The entries are very helpful for a beginner in OA. I have found that the entries stick with me throughout the day and help me to understand concepts that I am struggling with. For example, I had difficulty envisioning abstinence as anything but impossible. After reading a few of the entries on abstinence, I was able to define it in a way that I am comfortable with - abstinence is freedom. It is a good little book. I cannot speak for long time members of OA, but as a beginner, this book is helpful in finding my own worth away from food.

I purchased the book, FOOD FOR THOUGHT, a few years ago. Elizabeth L. knows what she is talking about. I read a daily meditation each morning and always find something in the writing that pretains to me. If you suffer from compulsive overeating, buy FOOD FOR THOUGHT. It's very

inspirational.

This book has been a great support for me. I often go back to passages over and over. It is supportive and written in a positive manner. It addresses motivation, making mistakes, forgiveness, you name it. I know people that use this book for meditations even if they aren't over eaters. I highly, highly recommend this book!

This "non-program-approved" book is my very favorite daily meditation book. I've been reading it every day at work for a few years now. It was a gift from my first sponsoree. Now I also have the e-version so I don't have to carry the book back and forth from work on my days off.

I use this book daily. It helps me to center on the right things, the important things in my life. It helps me to make good decisions about my day and my relationship with God and other human beings. I recommend this book to anyone who wants a healthy, centered life.

I thought this was going to be like For Today or Voices of Recovery, and this has a similar format, but it seems way Christian in my view. Every now and then I find something helpful, but I find the "Lord help me ...." stuff very distracting. I'll be giving this one away.

I have a lot of daily meditation books, but this is the first one I've bought that deals specifically with food. Even though a lot of what is in this book I've read in other daily meditation books, I like how food is incorporated into the text. It's helping me see how much I really depend on food when I'm emotional (whether happy or sad), and it's helping me slowly change. I still have my ups and downs, but I like knowing I can turn to this book and get back on track on any day.

Every day I start out my morning coffee by reading one of these meditations. These are not just about food and eating, but about ways to think about living your life with integrity and calmness. Also, I like a book organized like this because it's not that I have to sit down and read a whole book, I can pick and choose which I read and which I think about each day. If I'm not into one meditation, I choose another. I think everyone should buy this book, not just overeaters, it has lots in it for everyone.

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