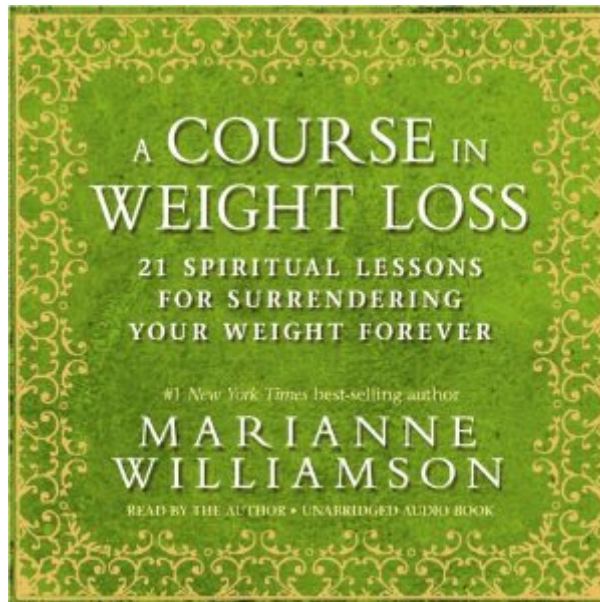


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# A Course In Weight Loss: 21 Spiritual Lessons For Surrendering Your Weight Forever



## Synopsis

For so many people, whether your addiction is to a substance or merely to a certain way of thinking or acting, a profound humbling occurs when you realize that your problem is bigger than you are. The terror of realizing, even dimly, that you have no control over a self-destructive pattern of behavior - that as much as you would want to, you simply cannot stop - can mark a crucial turning point in your life. At that point, you go in one of two directions: either way, way down, or way, way up.... This audio is for you if you know in your heart that you are an addict, and that you are powerless before your addictive behavior. As the title promises, Marianne Williamson looks at weight loss from a spiritual perspective, bringing you 30 lessons that can be done separately or in conjunction with any other serious spiritual path. These 30 lessons are completely separate from anything related to diet or exercise - they will retrain your consciousness in the area of weight in order to break the cycle of overeating, dieting, and shame that rules so many lives. Finally, Marianne has brought you what you've been waiting for: help to heal your addiction once and for all!

## Book Information

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## Customer Reviews

If you are already a fan of Marianne Williamson, you will probably enjoy this book. If you are not familiar with her, it may help to know her background before considering this book. She has spent many years studying and teaching the concepts of "A Course in Miracles" which is a spiritual book. She noticed that while embracing these concepts, her emotional need to use food to suppress her negative feelings disappeared. The idea of writing this book came from a conversation with Oprah Winfrey, one of the world's best known dieters. As you might suspect, this book is not about food, it

is about spirituality. It is about finding a power greater than you for help. As Marianne told Oprah, "If you could do it by yourself, you would have done it by now". Good point! Many people will relate to the thoughts in this book. Childhood wounds create addictive behavior to treat the wounds. When you overeat for comfort, you are not doing it to give yourself love - you are doing it because you dislike something about yourself. When you eat one cookie, it is okay. When you eat the whole bag, it is an act of self-hate. The premise is that the cause of excessive weight is not in your body, it is in your mind. More specifically, it is fear which blocks feelings of love. The purpose of this course is to find the fear and replace it with love. There are several exercises and assignments to help you put names on the feelings, such as pain, shame, loathing and whatever you are personally feeling. There are prayers and mental exercises, as well as a journaling section. This is not a book to read passively and expect your life to change. If you really do these things to find and change your feelings, it will probably work for you.

I found this book inspiring. Every page had something significant to say, and the author came at the topic of weight loss from an entirely different perspective from anything on the market. We all know that thousands of books on weight loss have been published. We also know that none of them really seem to work over time. If any one of them did work, then the scientific community would have no choice but to pursue that particular concept with all out zeal and we would all beat a path to the door of the person who created the system. Now having said that, it seems to me that Marianne Williamson has latched onto something, and its breathtaking in its scope and the promise it holds for the tens of millions of Americans who are just carrying around too much weight. The Foreword by Dean Ornish is worth its weight in gold. Make sure you read it. Dr. Ornish has been a world renowned heart specialist for more than 20 years and a very prominent author in his own right. Ornish mentions in this section that for years he could not understand how people could be addicted to overeating, smoking, drinking, substance abuse, and other maladaptive behaviors. One day a patient said to him, why are you saying maladaptive, the behavior is totally adaptive to me, not maladaptive to me. These behaviors get me through my day. I have 20 friends in that pack of cigarettes. You know you simply have to look at it from the user's perspective. Another patient told him if he feels lonely, he eats. He coats his nerves with the food he consumes, it numbs his pain. The Introduction is also a must read. It will set up the rest of the book for you. The third part of the book is "Embarking on the Journey", and in this section Ms.

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familiar with her, it may help to know her background before considering this audio book. She has spent many years studying and teaching the concepts of "A Course in Miracles" which is a spiritual book. She noticed that while embracing these concepts, her emotional need to use food to suppress her negative feelings disappeared. The idea of writing this book came from a conversation with Oprah Winfrey, one of the world's best known dieters. I enjoyed the audio version of this book more than the written book. Marianne is an excellent speaker and really connects with the listener. She is very passionate. I would rate it 4 1/2 stars for emotional-driven eating. It will probably not be the answer for someone who just has a sweet tooth. As you might suspect, this book is not about food, it is about spirituality. It is about finding a power greater than you for help. As Marianne told Oprah, "If you could do it by yourself, you would have done it by now". Good point! Many people will relate to the thoughts in this book. Childhood wounds create addictive behavior to treat the wounds. When you overeat for comfort, you are not doing it to give yourself love - you are doing it because you dislike something about yourself. When you eat one cookie, it is okay. When you eat the whole bag, it is an act of self-hate. The premise is that the cause of excessive weight is not in your body, it is in your mind. More specifically, it is fear which blocks feelings of love. The purpose of this course is to find the fear and replace it with love.

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