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

Anita Johnston

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Eating in the Light of the Moon - Dr. Anita Johnston
Eating in the Light of the Moon: How Women Can Transform Their Relationships with Food Through Myths, Metaphors, & Storytelling is a book written by Anita Johnston, Ph.D. about disordered eating in women.
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Johnston, Anita. Eating in the Light of the Moon. Carlsbad, CA: Gurze Books, 1996 Ch Eating in the Light of the Moon by Anita Johnson looks at disordered eating and issues with food through metaphors and storytelling. Johnson emphasizes the idea that food is not the issue and it is only a mask for the real, deeper problem. This

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An immensely enjoyable book, 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, symbolism, feelings, sexuality, and recovery.

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