



**By Ph.D. Anita Johnston - Eating in the Light of
the Moon: How Women Can Transform Their
Relationship with Food Through Myths,
Metaphors, and Storytelling (3/14/00)**

Ph.D. Anita Johnston

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By weaving practical insights and exercises through a rich tapestry of multicultural myths, ancient legends, and folktales, Johnston explores the themes of empowerment and self-discovery that help women overcome food obsessions.

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