



Women, Food, and Desire: Embrace Your Cravings, Make Peace with Food, Reclaim Your Body

Alexandra Jamieson

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A holistic health counselor and co-star of award-winning documentary *Super Size Me* explores women's cravings—for food, sleep, sex, movement, companionship, inspiration—and teaches them to listen to their bodies for a healthier, fuller life.

Transformational health expert Alexandra Jamieson is a woman on a mission. Having overcome her own food addictions and the weight and health problems these habits caused, she learned something life-altering: when we listen to our cravings, they will lead us onto the path of deep healing. Since her own personal breakthrough more than a decade ago, Alexandra has dedicated her life to helping other women learn to listen to the wisdom of their cravings and make food their greatest ally as they step into their lives with authentic passion.

In this powerfully feminine manifesto, Alexandra dares us to face our cravings head-on, to make the self-commitment to no longer hide out behind food, self-loathing, or the limiting expectations of others. With love, deep compassion, and fearless honesty, she calls upon all of us to boldly use food as a tool to cleanse ourselves of the nutritional, emotional, physical, and mental blocks that limit our ability to live full, meaningful, and joyful lives.

In this book she'll show us how:

- Our cravings are the gatekeepers of our deepest longings and desires
- Transforming habits set us free
- Detoxing unclutters our bodies and minds so we may engage in our lives with more power and authenticity
- Embracing our sexual selves makes us more powerful
- Trusting ourselves and surrounding ourselves with a nurturing community is essential for a vital, healthy, hot life

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Steven Kilgore:

Precisely why? Because this Women, Food, and Desire: Embrace Your Cravings, Make Peace with Food, Reclaim Your Body is an unordinary book that the inside of the guide waiting for you to snap that but latter it will surprise you with the secret this inside. Reading this book close to it was fantastic author who write the book in such amazing way makes the content within easier to understand, entertaining method but still convey the meaning totally. So , it is good for you for not hesitating having this any longer or you going to regret it. This excellent book will give you a lot of advantages than the other book include such as help improving your proficiency and your critical thinking method. So , still want to postpone having that book? If I had been you I will go to the guide store hurriedly.

Rick Braden:

Women, Food, and Desire: Embrace Your Cravings, Make Peace with Food, Reclaim Your Body can be one of your basic books that are good idea. Many of us recommend that straight away because this book has good vocabulary that will increase your knowledge in terminology, easy to understand, bit entertaining but nevertheless delivering the information. The article author giving his/her effort to set every word into pleasure arrangement in writing Women, Food, and Desire: Embrace Your Cravings, Make Peace with Food, Reclaim Your Body although doesn't forget the main point, giving the reader the hottest along with based confirm resource facts that maybe you can be among it. This great information can draw you into completely new stage of crucial thinking.

Kathryn Cortez:

This Women, Food, and Desire: Embrace Your Cravings, Make Peace with Food, Reclaim Your Body is brand-new way for you who has intense curiosity to look for some information as it relief your hunger info. Getting deeper you onto it getting knowledge more you know or perhaps you who still having small amount of digest in reading this Women, Food, and Desire: Embrace Your Cravings, Make Peace with Food, Reclaim Your Body can be the light food for yourself because the information inside this kind of book is easy to get by simply anyone. These books create itself in the form and that is reachable by anyone, that's why I mean in the e-book contact form. People who think that in e-book form make them feel tired even dizzy this e-book is the answer. So there is not any in reading a publication especially this one. You can find what you are looking for. It should be here for anyone. So , don't miss this! Just read this e-book sort for your better life and knowledge.

Robert Long:

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