



# **Breaking Free From Compulsive Eating: The Workshop (Taped Presentation of a Full Length Breaking Free Workshop) [4 Audio Cassettes]**

*Geneen Roth*

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(4 audio cassettes) The Breaking Free philosophy has been developed into a special program. The philosophy helps you understand why you use food to care for yourself, and the program shows you how to use that knowledge to break free from the frustration and pain of compulsive eating. Breaking Free Workshops form the centerpiece of the Breaking Free program. These workshops are designed to teach, in a nonjudgmental and provocative way, how to enjoy eating, without using food as a substitute for expressing emotions or dealing with difficult situations. This 4 audio cassette album is a taped presentation of a full length Breaking Free Workshop, complete with visualizations, questions and answers and discussions of the principles of Breaking Free. It will help you enjoy food so that it becomes a source of pleasure rather than anxiety; assess the difference between your physical and emotional hungers; learn to say no instead of wearing no; begin to listen to and respect your body's hunger and fullness signals; distinguish forbidden foods from those you truly want; and discover what brings you pleasure besides food.

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