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Women Who Need Donuts: Honoring Our Cravings . . . and Building a Business and a Life Out of Love. (Hardback)

By Leigh Kellis

Balboa Press, 2018. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. There is a peace to be found in eating what you love that I havent found in any other way. Not everyone can relate to this connection, but for me, its fully correlated. For so long, I struggled with being at peace with my body that the angst manifested in my obsession with food. I wanted to fix my criticism of my body and my internal unease by eating better, restricting, dieting, getting control. It was no surprise I never fixed myself by dieting. It cant be fixed by dieting. I had to start to eat with love to make any headway on my crippling anxiety. I had to eat what I loved and make peace with my cravings to address the deeper issues. For so long, I struggled with what I should eat or shouldnt eat. It was a wonderful way to distract myself from feeling anything else or thinking about uncomfortable topics. Food obsession always reveals a deeper worry. To eat in peace allows us to get honest about what we really feel. The new mantra had to become What would...

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