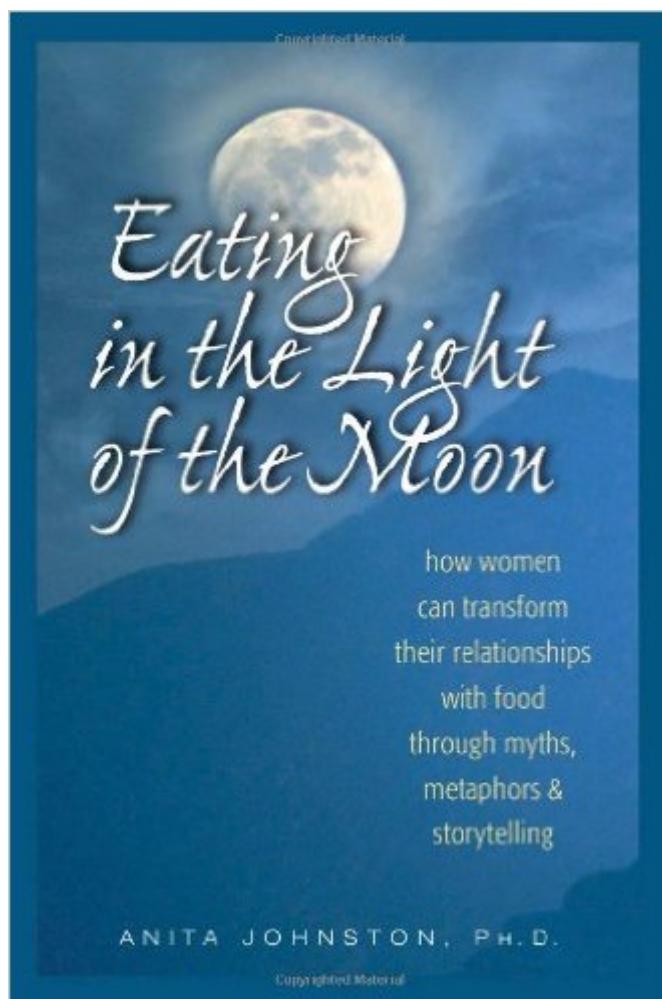


The book was found

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



Synopsis

By weaving practical insights and exercises through a rich tapestry of multicultural myths, ancient legends, and folktales, Anita Johnston helps the millions of women preoccupied with their weight discover and address the issues behind their negative attitudes toward food.

Book Information

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Customer Reviews

I feel compelled to share with potential readers of Anita Johnston's EATING IN THE LIGHT OF THE MOON how much this book has helped me on my recovery from bulimia. As a woman with an eating disorder, let me assure that the path to recovery is a long difficult journey, but when things get tough, to this day, I turn to this book. The concept is different than anything I have read to date, and I have read a lot. I love analysis, thought and literature. Johnston, who, by the way, runs an acclaimed eating disorder clinic in Hawaii uses multicultural fairy tales and myths to illustrate to the reader important steps on the journey to recovery. The story I return to again and again is that of the Tutu bird. Briefly put, there was a young girl who lived in a village in Africa where the people were starving. Like all the other village children, she was sent out to fetch the animals that had been captured in the village traps overnight so that the villagers might eat. When she got there, there was a Tutu bird in the trap. His song was so sweet that she set him free. She returned to the village and explained what happened. The villagers were so angry that they buried her alive in a mud hut and left her to die. She cried and cried. One day, she heard a sweet song and a ray of light came through the top of her hut. The next day she heard the song again and realized that it was the Tutu bird. The

bird was pecking a hole in the mud hut to free her! The bird then dropped in fruits and nuts. This continued until the girl was well fed and the Tutu bird could free her. She returned to an astonished village with the Tutu bird nourished compared to the thin villagers and then left with the Tutu bird to go into the forest forever. The point of the story: Find your voice, listen to it and don't stray.

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