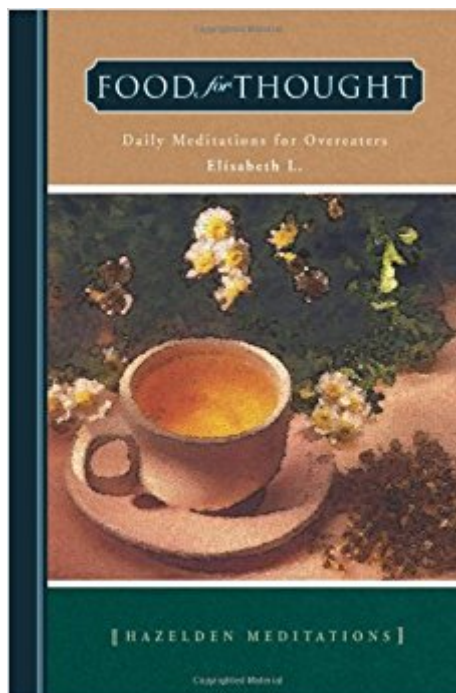




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# Food For Thought: Daily Meditations For Overeaters (Hazelden Meditations)



## Synopsis

Food for Thought offers comforting words for compulsive overeaters who seek to understand the role of food in their lives, and helps them support a life of physical, emotional, and spiritual balance. Food for Thought offers wise and comforting words for compulsive overeaters who seek to understand the role of food in their lives. Each day's reading in the best-selling classic--the first Hazelden meditation book to address the needs of overeaters--supports a life of physical, emotional, and spiritual balance. Read daily by millions, Hazelden meditation books have set the standard for quality and popularity. Like all the Hazelden meditation favorites, Food for Thought provides enduring wisdom, reassurance, and strength.

## Book Information

Series: Hazelden Meditations

Paperback: 400 pages

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Language: English

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Product Dimensions: 4 x 0.8 x 6 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 90 customer reviews

Best Sellers Rank: #50,734 in Books (See Top 100 in Books) #38 in [Books > Health, Fitness & Dieting > Mental Health > Eating Disorders](#) #56 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Drug Dependency](#) #82 in [Books > Religion & Spirituality > New Age & Spirituality > Mysticism](#)

## Customer Reviews

Elisabeth L. grew up in Lexington, Kentucky. She has a son, a daughter, and five delightful grandchildren. She and her husband live in Virginia, dividing their time between Arlington and Midlothian, a suburb of Richmond. Elisabeth joined Overeaters Anonymous (OA) in 1976. Although her abstinence has not been perfect, for 25 years she has maintained a weight between 120 and 125 pounds. More important, during that time she has been free of the compulsive overeating that controlled her life for at least 25 years before she found OA. One day at a time, she continues to be gratefully recovering. Biographical information Program Manager, Eating Disorders Program, Washington Hospital Center, Washington, DC 1984-1993 Cultural Affairs Department, Organization

of American States, 1980-1983 Teacher, Music and English, Greenwich, Connecticut  
1959-1961 B.A., Oberlin College, Oberlin, Ohio 1959

Every day I start out my morning coffee by reading one of these meditations. These are not just about food and eating, but about ways to think about living your life with integrity and calmness. Also, I like a book organized like this because it's not that I have to sit down and read a whole book, I can pick and choose which I read and which I think about each day. If I'm not into one meditation, I choose another. I think everyone should buy this book, not just overeaters, it has lots in it for everyone.

This "non-program-approved" book is my very favorite daily meditation book. I've been reading it every day at work for a few years now. It was a gift from my first sponsoree. Now I also have the e-version so I don't have to carry the book back and forth from work on my days off.

I use this book daily. It helps me to center on the right things, the important things in my life. It helps me to make good decisions about my day and my relationship with God and other human beings. I recommend this book to anyone who wants a healthy, centered life.

This is a nice little daily pick-me-up. Reminder of 'the big picture' I'm trying to focus on.

I bought this book because it was recommended by a trusted friend. I've struggled with weight issues for sixteen years now and although I had done well for the first six months of this year, having some meditations to help address my subconscious problems appealed to me. What I've found in Food For Thought is not so much any meditations, but daily messages that are very uplifting. They appealed to me in many different ways, and also made me feel as though I am not alone in my struggles. The book is actually the OA manual for success which may or may not be a problem for some people. My personal problem is more medically based than it is an actual overeating issue. Either way, the fact that these words cut right to the heart of the weight causes and "cures" is beneficial. My only criticism is that instead of having each message dated from January 1st to December 31st it should have simply been left out or replaced with Day One and so forth. I'm hopeful that anyone who needs some help in getting themselves on track will get a lot from this book. Jim Fargiano, author of *The Spoken Words of Spirit: Lessons From The Other Side*

Love this daily reader.

Great OA related book.

Grateful

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