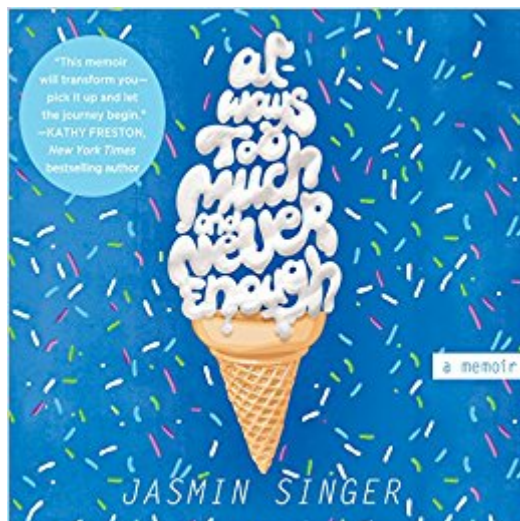


The book was found

Always Too Much And Never Enough



Synopsis

From the extra pounds and bullies that left her eating lunch alone at school to the low self-esteem that left her both physically and emotionally vulnerable to abuse, Jasmin Singer's weight defined her life. Even after she embraced a vegan lifestyle and a passion for animal rights advocacy, she defied any skinny vegan stereotypes by getting heavier. It was only after she committed to juice fasts and a diet of whole foods that she lost almost a hundred pounds and realized what it means to be truly full. Told with humble humor and heartbreaking honesty, this is Jasmin's story of how she went from finding solace in a box of cheese crackers to finding peace within herself.

Book Information

Audio CD

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Customer Reviews

“Relentlessly honest...I couldn't put it down.” • (Jane Velez-Mitchell, [New York](#)

[Times](#) best) “You will read this treasure and be so much richer from it.” • (Kathy Freston, [New York Times](#) bestsellin)

Jasmin Singer is the executive director of Our Hen House, a non-profit organization aiming to change the world for animals. She produces a weekly television show of the same name, hosts a Webby-recognized weekly podcast, has written for numerous online publications, including the [Huffington Post](#) and [Mind Body Green](#), and has appeared on [The Dr. Oz Show](#) and [Huff Po Live](#), and in the award-winning documentaries [Vegucated](#) and [The Ghosts in Our Machine](#). Jasmin Singer is the executive director of Our Hen House, a non-profit organization aiming to change the world for animals. She produces a weekly television show of the same name, hosts a Webby-recognized

weekly podcast, has written for numerous online publications, including the Huffington Post and Mind Body Green, and has appeared on The Dr. Oz Show and Huff Po Live, and in the award-winning documentaries Vegucated and The Ghosts in Our Machine.

I would love to meet Jasmin, the author of this unforgettable memoir. (I have read plenty of mediocre memoirs that contain compelling stories, but lack the honesty with which this one is written.) I will say I am a vegan, and have had plenty of bouts with disordered eating myself, which is reason enough for me to relate to her story...but it is so honestly and shamelessly written, which is rare. She pulls no punches while describing her eating habits, and her spectacular binges. This is also a beautifully well-written story, and the reader leaves this book knowing Ms. Singer on as personal a level as a reader can become with its author. Lastly, the message within is so comprehensive it's almost impossible to put into words, but I will try: love yourself and treat not only yourself with the utmost of respect, but also all living creatures. The icing on the vegan cake? Get thin and healthy and save planet Earth in the process...I wish this was required reading for Americans and all Western countries. Kudos, Jasmin!!

Absolutely loved this helpful memoir! It speaks to a painful issue that plagues many "relearning how to eat. The food industry markets overconsumption. The diet industry teaches deprivation and binging. As Singer comes to realize, food should be about nourishment, satisfaction and fueling the work we want to do in the world. "...true health comes from finding abundance, both on your plate and in your life." Singer is a person of wide-ranging, evolving identities to whom various labels could be applied. While the reader may not identify with all or any of these incarnations, Singer tells a strongly relatable story about how we view our bodies and other's bodies, how we treat ourselves and others because of them, and our relationships with food. "So while it is possible to be bigger and be healthy, I am furious that our country is getting fatter and sicker because we are being fed addictive foods that are reliant on manipulating our tastebuds and our desires." It's her own story about food addiction, how it came about and how she found peace, told in a buoyant, loving not prescriptive or preachy way. "Once I started taking the time to be honest with myself about where food truly comes from, I found that if I truly want to consume in a way that comports with my worldview and is in harmony with my ethical beliefs, whole, plant-based foods must become the star of the show." Her mantra is change, "...it humbles me to think that I'm still evolving. I will always be evolving. I wonder what's next. I wonder how my life will change as new truths become clear to me. (And I wonder what my hair will look like then.)" Listen to Jasmin Singer

talk about the book on the Rich Roll Podcast, Episode 222, How Jasmin Singer lost 100 pounds by finding peace with herself. Read the article that sparked the book, "What Losing 100 Pounds Taught Me About How We Treat Overweight People" in mindbodygreen.com. Recommended for anyone who has ever dieted, weighed themselves, or had disparaging thoughts about their own or anyone else's body.

It was interesting to see how much people can get bullied by being overweight and how this sort of discrimination seems to be acceptable in our society. Such a shame. But it was inspiring to see how she was able to deal with that, along with the disappointment of not being able to become a professional actor, and still accomplish powerful things with her life. A very well-written memoir.

If you have ever felt at odds with your own eating habits - whether for ethical, health or societal/aesthetic reasons - you will find an ally and an inspiration in Jasmin Singer. In a voice both engaging and wise, she tells the story of her lifelong conflicts with food, which for years both soothed her internal pain and perpetuated that pain. The story of her awakening to the realities of what she was eating, first through a journey toward ethical veganism and then through a crucial need to reclaim her health, is an amazing story of will and intelligence. No matter how you feel about food, diet, or animal rights, this book affirms a very powerful message, that people truly CAN change.

An important, beautifully written memoir, told with unflinching honesty and grace - about food, healing, and the joy of living authentically or being true to oneSelf. This is a must read for misfits everywhere, but especially those with 'disordered' eating. Funny, shocking, insightful and uplifting, Singer brings a deft hand, and a sensitive touch to her subject matter. Unpicking painful experiences with clarity and compassion; and giving us a fresh perspective with her breakthrough moments. I read it pretty much in one sitting, and I'm still absorbing the implications. For in telling her truth, Jasmin Singer is daring us to do the same. Now that's scary, but kinda exciting too

Just what I needed to hear at just the right time. I, first hand, know about food addiction. So, of course, so many aspects hit home with me...made me laugh, cry, celebrate, and mourn. I felt every word. Thankful for being that moved and feeling not so alone. Jasmin has made it possible for all, even those, who might not totally understand food addiction, to see through her eyes. That is good writing. SO inspired by this book and by this writer's life. Beautiful woman, beautiful book.

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