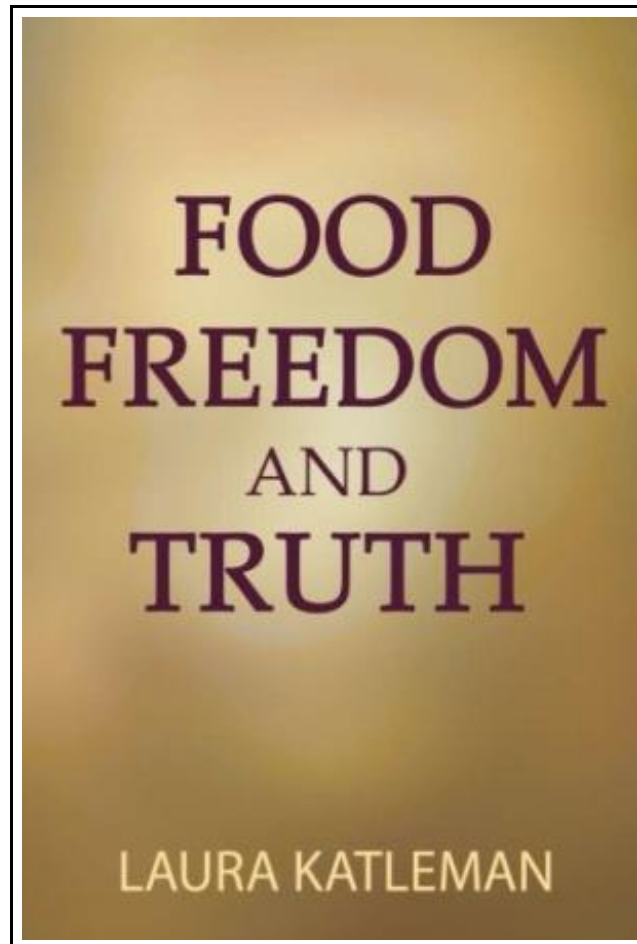


## Food Freedom and Truth: How to Stop Following Your Thoughts to the Refrigerator



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## FOOD FREEDOM AND TRUTH: HOW TO STOP FOLLOWING YOUR THOUGHTS TO THE REFRIGERATOR



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Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Food, Freedom and Truth explores the human condition through the lens of a challenging relationship with food and focuses on our ability to wake up from our programming and live life from the natural state. Our relationship with food and, ultimately, our entire experience of life boil down to one thing: how we respond to our thoughts. When we see this truth, we can choose to ignore our thoughts rather than follow them, move with life instead of resist it and stop creating the negative feelings that keep us running to the refrigerator. In these pages, you will learn that (1) feelings are not random occurrences, erupting willy-nilly without your consent-you create them; (2) by choosing to stop creating negative feelings, you don't have to live at their effect; and (3) you select your experience of life depending on what you believe and where you put your attention. A misalignment with food is a spiritual issue. We eat too much and eat the wrong foods because we are unhappy and unwittingly creating negative feelings. This pattern of eating to get happy becomes a self-reinforcing cycle. If we're unhappy, we eat too much and gain weight, causing us to feel worse about ourselves. The unhappier we become, the more we are likely to try to get relief through food. In other words, when eating is our habitual way of coping with unhappy feelings, we turn to food for relief and, in doing so, exacerbate the problem. Emotional eating is problematic not just because it can negatively impact your health, but because it means that you're romanticizing food-looking for it to provide comfort, diversion or entertainment. This...



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