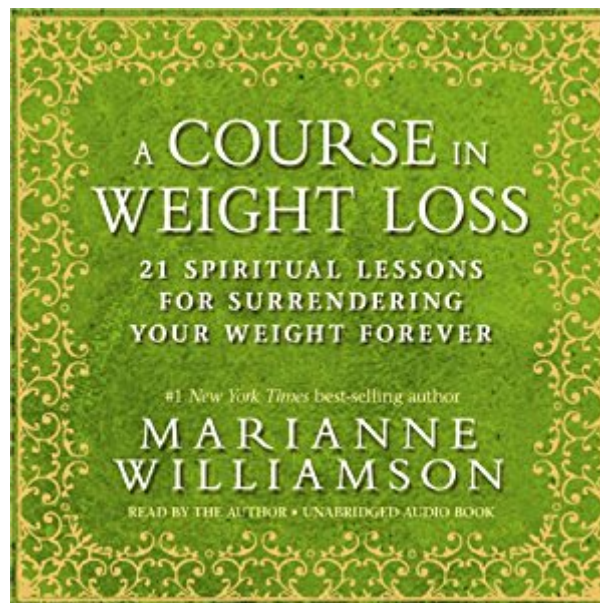




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# **A Course In Weight Loss: 21 Spiritual Lessons For Surrendering Your Weight Forever**



## Synopsis

For so many people, whether your addiction is to a substance or merely to a certain way of thinking or acting, a profound humbling occurs when you realize that your problem is bigger than you are. The terror of realizing, even dimly, that you have no control over a self-destructive pattern of behavior - that as much as you would want to, you simply cannot stop - can mark a crucial turning point in your life. At that point, you go in one of two directions: either way, way down, or way, way up.... This audio is for you if you know in your heart that you are an addict, and that you are powerless before your addictive behavior. As the title promises, Marianne Williamson looks at weight loss from a spiritual perspective, bringing you 30 lessons that can be done separately or in conjunction with any other serious spiritual path. These 30 lessons are completely separate from anything related to diet or exercise - they will retrain your consciousness in the area of weight in order to break the cycle of overeating, dieting, and shame that rules so many lives. Finally, Marianne has brought you what you've been waiting for: help to heal your addiction once and for all!

## Book Information

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## Customer Reviews

If you are already a fan of Marianne Williamson, you will probably enjoy this book. If you are not familiar with her, it may help to know her background before considering this book. She has spent many years studying and teaching the concepts of "A Course in Miracles" which is a spiritual book. She noticed that while embracing these concepts, her emotional need to use food to suppress her negative feelings disappeared. The idea of writing this book came from a conversation with Oprah Winfrey, one of the world's best known dieters. As you might suspect, this book is not about food, it

is about spirituality. It is about finding a power greater than you for help. As Marianne told Oprah, "If you could do it by yourself, you would have done it by now". Good point! Many people will relate to the thoughts in this book. Childhood wounds create addictive behavior to treat the wounds. When you overeat for comfort, you are not doing it to give yourself love - you are doing it because you dislike something about yourself. When you eat one cookie, it is okay. When you eat the whole bag, it is an act of self-hate. The premise is that the cause of excessive weight is not in your body, it is in your mind. More specifically, it is fear which blocks feelings of love. The purpose of this course is to find the fear and replace it with love. There are several exercises and assignments to help you put names on the feelings, such as pain, shame, loathing and whatever you are personally feeling. There are prayers and mental exercises, as well as a journaling section. This is not a book to read passively and expect your life to change. If you really do these things to find and change your feelings, it will probably work for you. This is also a book that is meant to be reviewed several times to reinforce your feelings. If you tend to be more of a passive reader who wants to read a book and go on to the next one, you might want to consider the audio version of this book and listen to it several times. Marianne is an excellent speaker and really connects with the listener. She is very passionate. If you are turned off by spirituality and references to God, you may be tempted to skip this book. The ideas and principles are really about your subconscious feelings and how they drive your eating. You are feeding your feelings and not your body. They can apply to anyone no matter what your spiritual beliefs are. This is not a book to be used alone, because it does not address food. Eating is not rocket science. There is not a heavy person in the world that doesn't know that broccoli is good for you and donuts are bad. However, in today's world it is important to understand more about how certain foods affect your body. Dr. Dean Ornish writes the forward to this book and discusses addictive behavior and diet failure. He and others like him are a good source of information on nutrition. I highly recommend this book to everyone who has struggled with their eating. An obsession with food is like any obsessive relationship. It is about getting and not giving. What is missing from your life? What are you trying to get from food? Bill Cashell - Author of "The Emotional Diet"

This book and CD has made a profound change in how I look at my relationship to food. I bought the CD first so I can listen to it while driving or doing housework, but the short prayers in it are so good, that I also bought the book to have a hard copy to pick up and pray when I need it. This book is more than a "food" book it is a life changing book, but it can't work unless you accept a spiritual based life. Basically instead of turning to food for comfort and love (neither of which food can offer

me) we must turn to whatever spiritual higher power we choose to ask for divine love and comfort. Does it work? Absolutely. Is it easy? Not at the beginning. It takes effort to remind myself to face what is bothering me and ask for help rather than escape, avoid, stuff it and cover it with chocolate mousse. The Course is truly a beautiful, peaceful, love filled way to live, but it is in direct opposition to what most of us have learned in this world. It takes awareness and effort to change old habits and beliefs, but well worth it. This course will guide you through it.

I love this program! I have been listening to the CD's in my car, and they are changing the way I feel about food, but even more they change the way I feel about myself. This program emphasizes self love and forgiveness as a way to overcome the challenges of chronic overeating. I believe it would be valuable to anyone who has struggled with emotional eating and has been unsuccessful with dieting, or who has a generally unhealthy relationship with food.

I am 59 years old and have struggled with food addiction since I was 14 years old. I became bulimic in 1969 and have tried to remedy by weight problem with diet and exercise since then. It has lead to too deep depression. Thanks to Marianne I am now aware my problem is spiritual. I have seen many therapists and have been on numerous anti depressants. Nothing really worked. Now after applying these spiritual lessons I finally feel there is hope. I have learned to sit with my pain, feel it, and turn it over to God. In return God has blessed me with a peace which passes all understanding. He is constantly blessing me with insight and miracles. I have prayed to him before and felt ignored. I asked him why and the next thing I knew I was remembering the Footprints Poem. I realize now I never really turned things over to him. Honestly I didn't know how. Now I do and I will forever be grateful for these lessons which showed me the way.

As one who has been studying A course in Miracles I have found ACIWL to be simply healing. It is a call to our Selves. It is crucial that individuals be willing to take steps to release the blocks and walls and negativity and fear - to a higher power. I find the book to be so much more than just a BOOK. It is a course to grow into and take your time with.

very intense! make you really dig deep for the answers to why you eat to much

Everyone knows to exercise and eat a healthy diet if you want to lose weight, but most diets don't address the behaviors and psychological factors that have you not exercise or eat poorly/overeat in

the first place. This book does an amazing job reframing what eating and food means to you, and how to work through a spiritual process (not religious, spiritual) that truly has impacted my eating habits and self image. I should know... I'm a fitness professional that has struggled in the past with the same 30 pounds, gained and lost multiple times. Eating has now become a process of loving myself in a positive way and honoring and respecting my body. I've been able to pull apart destructive and emotional eating habits followed with shame and judgment.... I no longer have to be 'bigger' to feel strong or safe. This is truly an amazing book, however, you have to be completely willing to be courageous, do the Lessons, and believe that there is something, anything, out in the world bigger than YOU. Agnostics will do just fine.... Atheists, beware, this book won't likely work for you.

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