



Food for Thought: Daily Meditations for Overeaters (Hazelden Meditations)

By Elisabeth L.

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Food for Thought: Daily Meditations for Overeaters (Hazelden Meditations)

By Elisabeth L.

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.

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Bibliography

- Sales Rank: #23380 in Books
- Brand: Hazelden
- Published on: 1980-12-01
- Released on: 1980-07-01
- Original language: English
- Number of items: 1
- Dimensions: 6.00" h x .80" w x 4.04" l, .52 pounds
- Binding: Paperback
- 400 pages

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Editorial Review

About the Author

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

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