



Recovering Compulsive Overeater - Daily Meditations

Anonymous Members of 12 Step Recovery Programs

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Recovering Compulsive Overeater is an inspirational reader used by members of Overeaters Anonymous and others with eating disorders, substance abuse problems, or behavior addictions. Anonymous individuals who practice Twelve Step Recovery decided to produce this daily reader to more fully reflect our experience with dieting and recovery from dieting and compulsive eating. Such collective wisdom helps us to view each day as an opportunity for happiness by focusing on the reality of today without the burdens of the dieting methods we have tried. We are on a brighter firmer path. Our experience with compulsive dieting is what we first tried to solve life problems and compulsive eating. It is where we first hit bottom. Diet remedies and compulsive eating made us sick and impaired our thinking. We came into Twelve Step Recovery. Health with weight management is possible. These meditations are by and for recovering compulsive overeaters.

With quotes from Anne Lamott, Camryn Manheim, Bob Dylan, Joan Didion, Oprah Winfrey, Alice Walker, Aimee Liu, and other notables, past and present, used in concert with the meditations, this reader brings some of the pleasures and rewards about truth-telling and arriving at self-truth to the surface. Selections deal with our desperation and fear, misconceptions about life, and especially, how our ideas of love, the terrors of love, and romantic addiction have played into our use of diet remedies and the methods we have tried. We talk about what we have tried for control, invisibility, buying time, putting off or conquering life. We identify 'So Many Lies' about the remedies, behaviors and methods, and tell about putting our lives on the basis of truth. We tell what happened to make us stop using compulsive dieting and to come into Twelve Step Recovery. We share about "Self-Care" and "Building On Identity" - what we do to practice clear thinking, detach from erroneous messages, clear away self-deception, develop kindness toward self and others, be safe, recognize and deal effectively with attack voices, deal with overwhelming emotions, know and practice courage, serve, and build identity based on our God-given talents, abilities and enthusiasms. We talk about love, honor, loving self, loving another, loving the world.

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From reader reviews:

Shawn Croll:

Spent a free a chance to be fun activity to perform! A lot of people spent their leisure time with their family, or their friends. Usually they accomplishing activity like watching television, planning to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your own free time/ holiday? Could possibly be reading a book might be option to fill your totally free time/ holiday. The first thing that you'll ask may be what kinds of publication that you should read. If you want to consider look for book, may be the book untitled Recovering Compulsive Overeater - Daily Meditations can be good book to read. May be it might be best activity to you.

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Mitchell Peed:

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