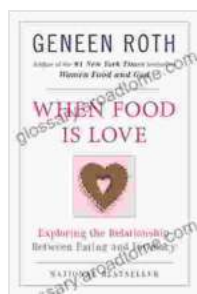


# When Food Is Love: A Journey of Discovery and Healing

In her memoir, *When Food Is Love*, Susannah B. Walsh explores the complex relationship between food, love, and self-acceptance. Walsh's journey begins in childhood, when she first develops an eating disorder. For years, she struggles with anorexia and bulimia, using food to control her emotions and punish herself.



## When Food Is Love: Exploring the Relationship Between Eating and Intimacy by Geneen Roth

★★★★☆ 4.6 out of 5

Language	: English
File size	: 1079 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 214 pages



As Walsh gets older, she begins to realize that her eating disorder is not just about food. It is also about her relationship with herself. She has always felt like an outsider, and she uses food to create a sense of control and order in her life. However, this control comes at a price. Walsh's eating disorder is slowly destroying her health and her relationships.

Finally, Walsh decides that she can no longer live with her eating disFree Download. She enters therapy and begins the long process of recovery. Through therapy, she learns to challenge her negative thoughts about herself and to develop healthier coping mechanisms. She also learns to appreciate food for its nourishment and pleasure, rather than as a way to control her emotions.

Walsh's journey of recovery is not easy, but it is ultimately successful. She learns to love herself and to accept her body. She also learns to enjoy food without guilt or shame. Walsh's story is a powerful reminder that recovery from an eating disFree Download is possible. It is a story of hope and healing that will inspire anyone who has struggled with an eating disFree Download or who knows someone who has.

## **About the Author**

Susannah B. Walsh is a writer and speaker who has dedicated her life to helping others recover from eating disFree Downloads. She is the author of several books, including *\*When Food Is Love\** and *\*Eating with Courage\**. Walsh has also spoken at numerous conferences and workshops on eating disFree Downloads and recovery.

## **Reviews**

"*\*When Food Is Love\** is a powerful and inspiring memoir that will resonate with anyone who has struggled with an eating disFree Download. Walsh's writing is honest, raw, and ultimately hopeful. This book is a must-read for anyone who is looking to recover from an eating disFree Download or who wants to learn more about this complex issue."

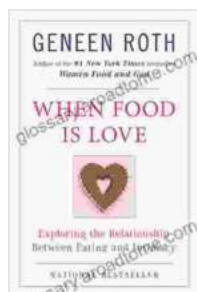
- Jessica Ortner, author of *\*The Body Positive\** and *\*Graceful\**

"Walsh's memoir is a courageous and compassionate exploration of the complex relationship between food, love, and self-acceptance. Her story is a reminder that recovery from an eating disorder is possible, and that it is never too late to find healing and hope."

- Evelyn Tribole, MS, RD, co-author of *\*Intuitive Eating\**

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