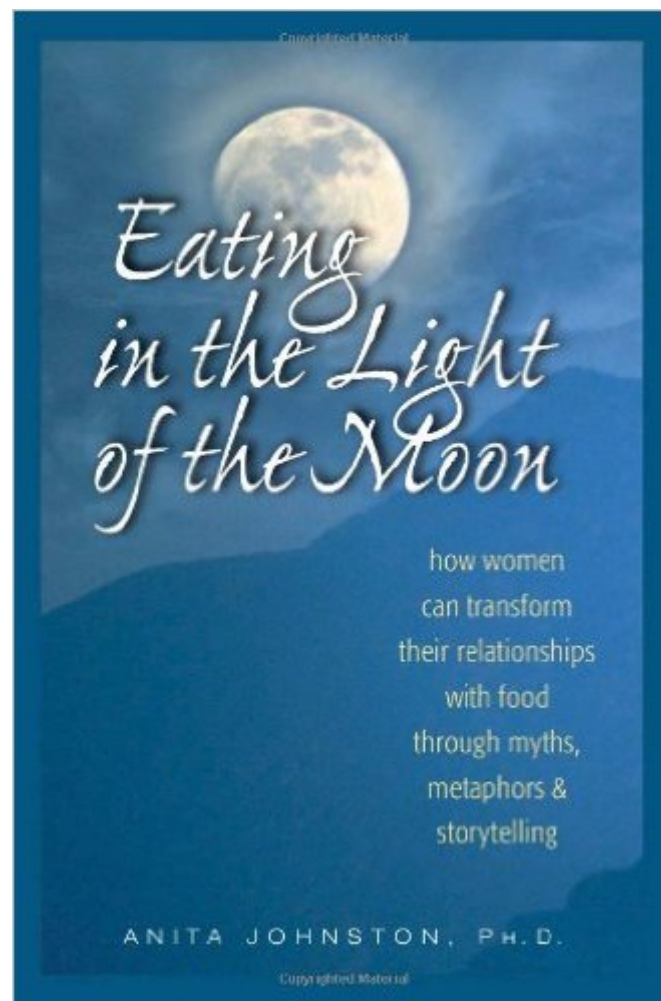


The book was found

# Eating In The Light Of The Moon: How Women Can Transform Their Relationship With Food Through Myths, Metaphors, And Storytelling



## Synopsis

By weaving practical insights and exercises through a rich tapestry of multicultural myths, ancient legends, and folktales, Anita Johnston helps the millions of women preoccupied with their weight discover and address the issues behind their negative attitudes toward food.

## Book Information

Paperback: 224 pages

Publisher: Grove Books; 1 edition (April 13, 2000)

Language: English

ISBN-10: 0936077360

ISBN-13: 978-0936077369

Product Dimensions: 0.8 x 5.5 x 8.2 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (137 customer reviews)

Best Sellers Rank: #14,769 in Books (See Top 100 in Books) #11 in [Books > Health, Fitness & Dieting > Mental Health > Eating Disorders](#) #22 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Drug Dependency](#) #41 in [Books > Politics & Social Sciences > Women's Studies > Feminist Theory](#)

## Customer Reviews

I feel compelled to share with potential readers of Anita Johnston's EATING IN THE LIGHT OF THE MOON how much this book has helped me on my recovery from bulimia. As a woman with an eating disorder, let me assure that the path to recovery is a long difficult journey, but when things get tough, to this day, I turn to this book. The concept is different than anything I have read to date, and I have read a lot. I love analysis, thought and literature. Johnston, who, by the way, runs an acclaimed eating disorder clinic in Hawaii uses multicultural fairy tales and myths to illustrate to the reader important steps on the journey to recovery. The story I return to again and again is that of the Tutu bird. Briefly put, there was a young girl who lived in a village in Africa where the people were starving. Like all the other village children, she was sent out to fetch the animals that had been captured in the village traps overnight so that the villagers might eat. When she got there, there was a Tutu bird in the trap. His song was so sweet that she set him free. She returned to the village and explained what happened. The villagers were so angry that they buried her alive in a mud hut and left her to die. She cried and cried. One day, she heard a sweet song and a ray of light came through the top of her hut. The next day she heard the song again and realized that it was the Tutu bird. The

bird was pecking a hole in the mud hut to free her! The bird then dropped in fruits and nuts. This continued until the girl was well fed and the Tutu bird could free her. She returned to an astonished village with the Tutu bird nourished compared to the thin villagers and then left with the Tutu bird to go into the forest forever. The point of the story: Find your voice, listen to it and don't stray.

[Download to continue reading...](#)

Eating in the Light of the Moon: How Women Can Transform Their Relationship with Food Through Myths, Metaphors, and Storytelling Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight loss, Eat Clean Diet Book Overeating: How To Overcome Overeating, Food Addiction And Control Your Eating..11 simple and Easy Steps To Overcome Overeating! (Emotional Eating, Food ... Binge. Will Power, Mindful Eating, Craving) Storytelling: 99 Inspiring Stories for Presentations: Inspire your Audience & Get your Message Through (Storytelling, inspirational stories & presentation zen,mentoring 101,ted talks) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Llewellyn's 2016 Moon Sign Book: Conscious Living by the Cycles of the Moon (Llewellyn's Moon Sign Books) Storytelling with Rubber Stamps (Scrapbook Storytelling) Committed to Love, Separated by Distance: How to Thrive in Your Long Distance Relationship (Relationship and Dating Advice for Women Book 8) Attract Women: Inside Her (Mind): Secrets of the Female Psyche to Attract Women, Keep Them Seduced, and Bulletproof Your Relationship (Dating Advice for Men to Attract Women) 100 Exotic Food Recipes (Puerto Rican Food Recipes,Picnic Food RecipesCaribbean Food Recipes,Food Processor Recipes,) The Myths and Religion of the Incas: An illustrated encyclopedia of the gods, myths and legends of the Incas, Paracas, Nasca, Moche, Wari, Chimu and ... 240 fine art illustrations and photographs Clean Eating: Fire up Your Weight Loss and Energy with Amazingly Delicious Clean Eating Recipes (Clean Eating Cookbook) Eating Disorders Information for Teens: Health Tips About Anorexia, Bulimia, Binge Eating, and Other Eating Disorders (Teen Health Series) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) GREEK MYTHOLOGY: Greek Gods Of Ancient Greece And Other Greek Myths - Discovering Greek History & Mythology - 3rd Edition - With Pics (Greece, Greek, Egyptian ... Greek History, Mythology, Myths Book 1) When Food Is Love: Exploring the Relationship Between Eating and Intimacy Primal Myths: Creation Myths Around the World Moon-O-Theism: Religion Of A War And Moon God Prophet Vol II Of II Moon California Camping: The Complete Guide to More Than 1,400 Tent and RV

Campgrounds (Moon Outdoors) Moon Bay Area Biking: 60 of the Best Rides for Road and Mountain Biking (Moon Outdoors)

[Dmca](#)