



Hunger, Hope, and Healing: A Yoga Approach to Reclaiming Your Relationship to Your Body and Food

Sarahjoy Marsh

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A yoga approach to dealing with disordered eating patterns--like overeating, food addiction, and stress eating--and the resulting emotional distress they can cause.

Yoga philosophy and practice are increasingly being used therapeutically to help people overcome disordered eating patterns—like overeating, food addiction, and stress eating—and the resulting emotional distress they can cause. Sarahjoy Marsh offers a program using yoga to address food-centered behaviors and body image issues. She illuminates the nature of addiction and offers a methodical approach to recovery that is neither dogmatic nor rigid; rather, it is compassionate, hopeful, and deliberate.

Full of clear, empathic advice and photographs of the step-by-step practices, this book will help alleviate the isolation that people with food-oriented issues and body image problems feel; offer strategies for changing the behaviors; and give clear guidelines about the processes of recovery and the development of new life skills.

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