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The Goddess Revolution: Make Peace With Food, Love Your Body And Reclaim Your Life



Synopsis

If you've ever struggled with diets, food, body image, or your weight, then *The Goddess Revolution* is your new handbook for life. Imagine how much you would fall in love with your life again if you weren't so consumed by negative thoughts around food, your weight, and your body? Imagine if you could effortlessly find yourself at your perfect weight, in your perfect body, and feel happier and freer around food than ever before? All women are born Goddesses – but we tell ourselves over and over again that for some reason, we don't deserve to feel good. We berate ourselves in the mirror, refuse to accept compliments and use food as a punishment/reward system to mask how we are really feeling about our lives. *The Goddess Revolution* is taking over as the new 'anti-diet'. This is not a fad diet or a set of rules to follow, but a revolutionary new way of thinking that will help women to end the war on their bodies, start embracing an incredibly rewarding relationship with food, and become happier and more fulfilled than they ever thought possible. Tackling very modern issues – including 'fitspiration' and the obsession with perfection caused by celebrity culture and magazine airbrushing – Mel speaks in a language that women can relate to. Written with passion from one Goddess to another, this book offers readers practical tips and powerful tools to give them back control of how they feel in their bodies and what they choose to put in them.

Book Information

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Customer Reviews

This is a big deal for me to be writing this because I have literally NEVER written a review although I've shopped on for years, so that's saying a lot! And I'm putting a lot of thought into this. So here it

goes. This book is so incredible. As a young woman who in middle school suffered from an eating disorder but recovered with lots of therapy, I can say that this book is a god send. It gives a completely different perspective, one that probably 99% of people have never considered. Everything Mel brings up in her book, whether its the inner critic in our head, the problem with dieting in general, comparing ourselves to other women, or social media, Mel's perspective makes complete sense. She is very logical and insightful in her approach. I would often think to myself while reading, "God that makes so much sense! Why didn't I ever think of that?" Mel also has such a sweet personality that I noticed right away, I loved all her little jokes she made that point out how silly and ridiculous the things are that we tell ourselves.. When I came across Mel's book (I don't even remember how) it felt like it was just what I needed in my life. And I was right. It has been so motivating for me because I haven't taken care of myself for several years. I think to myself sometimes, "What would Mel say about the way I treat my body, and talk to myself? Am I caring for myself the way I would want my closest friends to?" Certain parts of this book spoke so much to me that they made me cry. I felt like Mel was speaking directly to me, that she understood how I feel, and that she (and therapist) is now the positive voice inside my head I've lacked that encourages me in every way. She is such an inspiration. I recommend this book to every woman young or old. I've already bought a second for a friend and have told lots of coworkers about. Mel if you're reading this, thank you so much for sharing this with the world. It means so much to me,Anna

This book is changing my life. No book is perfect and yes I wish a few things were different, but I'm giving it 5 stars because it is very meaningful to me and offers advice no therapist or dietician has given me.

I love the concept of loving your body and tuning in to what you eat to find out what works for your body. The book fell a little short when it didn't specifically say how to tune into the body, there was only a reference to knowing a food was bad for you "the day after" and provided no details how to achieve being mindful of what you eat that same day. The author also seems to send mixed messages, saying it's okay to eat anything and drop eating labels, but goes around to say that those same foods you want to eat are NOT healthy and should be replaced with "healthier" alternatives. Most of the subjects in the book like self love, forgiveness, doing what you want, self-care and boundaries can all be found in other self-help books as well, so while I liked the ideas, with me being a self help reader, the book provided no new ideas or insights. At most, I think the author could have at least offered more insight and maybe even an exercise to help get in tune with what a

person is craving that same moment it happens and maybe offered more relevant resources other than her social media pages. The book has tried to start a revolution, but I find it immediately squashed. Three Stars only.

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