



Appetites: On the Search for True Nourishment

Geneen Roth

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"Roth tells of her own experiences with a non-blink frankness cushioned by the gracefulness of her prose."—*Chicago Tribune*. "Just the right mix of confession, sass, and style."—*Publishers Weekly*.

Appetites: On the Search for True Nourishment Details

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Author : Geneen Roth

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From Reader Review Appetites: On the Search for True Nourishment for online ebook

kmm1985 says

Poignant and moving, but a bit disjointed at times.

Julie M says

Great insights on feeling like you don't have enough, or aren't enough, or cannot get enough. Reminder to slow down, savor, eat, communicate and live in the present! Gentle guidance for over eaters/unconscious or stress eating, with strong implication for other facets of women's lives. I found this book reassuring and helpful during a difficult time.

Rachel says

I think I had extremely high expectations for this book. Maybe I should start with Roth's earlier books? This one was not only a little too New-Agey for me, but it didn't seem to have much of a focus. There were some good points made, and I enjoyed reading about her overall triumphs to get published, find love, accept herself, etc., but this was more of a memoir than an actual self-help book. I've avoided the self-help genre for the most part, but I thought this would be a good one to read. Eh, not so much.

Cristine Mermaid says

I adore Geneen Roth, I've read her other books and they made me feel less alone and inspired me. This one was more of a memoir and I wasn't expecting that. I struggled a bit because she is thin, in love, and a famous writer so it came across a bit whiny to me that she was complaining about her life, a bit self indulgent. However, it's all relative and pain is pain and perhaps I just envy her a bit. Her story was quite interesting especially about the epic earthquake in California in 1989 and her personal experience with it and how it affected her.

The last couple of chapters though are what pushed this book from 3 stars to 4 stars for me. This is what I was looking for, insightful and thought-provoking about how we use food to try to nourish ourselves in ways outside of nutrition and that it never works. It asked extremely provocative questions (such as...what would you think about if you didn't spend so much time thinking about food and your body, what would you put that energy toward, what could you accomplish) and discussed the truth...that becoming 'thin' isn't the answer to that gnawing soul emptiness. Empowering and empathetic.

Indu says

It is intended to be a book about some empowering realizations on our self defeating mind-body weight drama. It achieves the purpose well in some places. In too many others it was a scattered memoir where Geneen Roth dips into her life problems to make a very roundabout kind of point.

Most of the chapters start at some point of her life and go into a rambling of personal troubles with food and otherwise- which were too much like reading a journal. I didn't appreciate that at least half the book went into such a mode. The rest of it, where she finally tied up the story and came to the point was good reading.

I suppose I wasn't looking for so much personal story, but rather for content that could be useful to me. Hence a little disappointed.

Laila (BigReadingLife) says

I didn't read every word of this book, but I feel that I got something valuable from it. This is mostly a personal story about Roth's continuing struggle with self-worth and body image. If you have issues like that, you might want to give this book a try, if for nothing else than the feeling of companionship.

warmdesertwinds says

I first heard of Geneen after her bestseller "Women, Food, and God" hit the front shelves of bookstores everywhere. The title intrigued me. Did some women approach eating as a form of spirituality? Could food be as highly regarded as religion? The mediocre reviews for the book however drove me away. Instead I looked at the other books the Geneen has written. The selection on the shelves were overwhelming. I randomly decided on Appetites. Seemed the least focused on actual dieting and the most focused on the importance one places on eating.

Some people give themselves a rule. "Read 50 pages. Don't like it? Toss it."

I, however, give every book I pick up a fighting chance....unless it's *completely* and totally unbearable. Hell, I even finished my first and only romance novel.

It took me 145 pages to decide that I didn't actually hate this book.

The first 145 pages were borderline torture. Whining, oh endless whining. Were women seriously this obsessed with this food? And I don't mean in a healthy sense, but in a purely superficial sense? How pathetic is the average American female? How do people let themselves become slaves to every calorie? How is this happening?!

Women, all over this country, are letting themselves develop addictions. Replace every reference to food in this book with alcohol. You'll get the same message. Sad state we live in.

However around page 145, Geneen starts to talk about things other than food. Friendships, parenthood, childhood, adulthood, relationships, curiosity, and safety. And here I actually took back a thing or two. Geneen gives some great insight on what actually matters in life and advice on how to become the person

you are meant to be. I did have a few problems with some of the advice she gives, particularly her distaste for role models. She tries to make an argument that role models are in fact a terrible thing to have and that a person should never try to be anyone other than themselves. Yes, much of your personality is the result of your genetic makeup, however a bit of it does develop through socialization. A good role model can help you turn into a better person--a person that is still, ultimately you. I certainly wouldn't be who I am today if it weren't for some of the role models that I have admired over the years. Geneen even contradicts her very statement as she devotes an entire chapter to admiring her cat. Who says role models needed to be human? Many of mine are not.

Other than that, a decent self-help book for both people with eating disorders and those without. Shares some tips on what actually matters in our lives.

Natalie Russell says

This was the first book by Geneen Roth that I have read. A lot of it was plushy inspirational type, but I ended the book feeling challenged and encouraged to embrace a "bigger" life.

Von says

Similar to her other book that I read (Women, Food, and God), I found her writing style and interpretations to be a bit loose. And I simply can't relate to how many women place so much emphasis on their physical appearance. However, her wisdom about how most of us want to hold on to an idea of what we thought we wanted in life rather than yielding and finding the joy in what our life is already giving us is profound. I wrote down several lines of her book in a journal for my reflection at a later time.

Fadzai says

I struggled initially with this book as I was expecting more of a prescriptive 'how to' approach, when what the author does is position it as more a discussion based on her own experiences and insights from other people.

However, I got into it and came to understand the style she adopted - because the book is about life lessons pertaining to women and their relationships with food, their bodies and their emotions, it is impossible and undesirable to have a one-size-fits-all approach. There are insights that some readers will find useful, and others that readers will not be able to relate to. And that's ok.

As someone who has been exposed to Martha Beck, Marianne Wilson, and A course in miracles, I found that this book for the most part reinforced and reminded me of key concepts that I was already aware of. What was new and refreshing were the references to everyday experiences relating to food, dieting, and bingeing as they made the book real and honest.

Teryll says

Geneen Roth has the gift of accessing feelings and emotions we have all felt or experienced as it related to our appetite for life, nourishment and happiness. Her words are encouraging at any stage of the game and her ability to join together all of our experiences as women is a treasure. I look forward to reading more of her work.

Leena says

Not one of Geneen's best books. I understand what she is trying to do here - tell her story and draw lessons the reader can relate to - but when it is all about her, her, and her, it comes across just a bit narcissistic and whiny. Some good bits, like the story of her huge cat Blanche, but otherwise mediocre and forgettable.

Amanda says

Many insights as per usual with any of Geneen's books.

This one sort of got off-topic a few times. She digressed on her relationship with her best friend which ended, and on her relationship with her first editor. Both chapters were okay in their own right but they didn't fit with the rest of the book in my opinion.

Still--Geneen always has something helpful and inspiring to say and I'm glad I read this one all the same.

Jess says

Both the similarities and differences between my experiences/struggles and the author's were interesting. Some great reminders of how we limit ourselves and how we can try to let go of those limits.

Meisha says

Mostly a review of the author's illness journey to discover the cause of illness and fix the problem, mixed in with personal anecdotes. Parts were very insightful, but had to go through much personal broadcasting to get to the insights.
