

GENEEN ROTH

Cuando la comida  
sustituye al

*amor*

La relación entre  
las carencias afectivas  
y nuestra actitud  
ante la comida



URANO

VINTAGE

# Quando La Comida Sustituye Al Amor

**Yicheng Fang**



## **Cuando La Comida Sustituye Al Amor:**

*Cuando la comida sustituye al amor* Geneen Roth,1992

**Cuando la Comida Sustituye al Amor: La Relacion Entre las Carencias Afectivas y Nuestra Actitud Ante la Comida = When Food Replaces Love** Geneen Roth,2014-05

Liberarse de la obsesi n por la comida es posible y no significa privaciones culpa ni dietas Si la comida es un sustituto del amor dejar de alimentar al ni o maltratado o al adulto solitario significa nutrir el amor y dar lugar a la intimidad liberando el dolor de la vida pasada e instal ndonos definitivamente en el presente Cuando la comida sustituye al amor tambi n relata la experiencia personal de la autora en su lucha por superar el miedo a la intimidad En un estilo que escapa tanto del psicologismo como del an lisis diet tico nos ense a c mo la comida puede llegar a ser una fuente de placer y de alegr a

Cubierta **Cuidate compa** Eneko Landaburu,2000

Hacer Dieta Engorda ,

**Abraza tu cuerpo** Rosana

Malvido,2025-12-22 Una gu a emocional y pr ctica para reconciliarte con tu cuerpo y construir una relaci n amorosa con vos misma En *Abraza tu cuerpo* Rosana Malvido Giosa ofrece un recorrido sensible y profundo por el v nculo que mantenemos con nuestro cuerpo Desde su experiencia como coach consteladora y acompa ante emocional invita a revisar las ideas heredadas sobre la belleza el peso y la val a personal Con un lenguaje claro c lido y emp tico la autora propone ejercicios de reflexi n relatos personales y herramientas pr cticas para sanar la relaci n con el cuerpo y la autoimagen El libro combina narrativa ntima y gu a de bienestar con el objetivo de ayudar a las lectoras a aceptar su historia reconectar con sus emociones y abrazar su propio proceso de cambio

**Host Bibliographic Record for Boundwith Item Barcode**

**30112044669122 and Others** ,2013

*De la tierra a la mesa* Franco Chiaravini,2024-01-12

Dicen que somos lo que comemos pero en casi todas nuestras comidas desconocemos el origen de lo que consumimos Franco Chiaravini creador de *cuidaralatierra* con m s de 200 000 seguidores en Instagram narra el desaf o que realiz durante una semana comer lo que cosech de su huerta intercambiar con otras personas y recolectar de la calle Qu logr Alimentarse de manera sana equilibrada y sin gastar dinero De la tierra a la mesa te dar las pautas para comenzar tu propia huerta con pocos recursos y si lo deseas realizar la misma experiencia que Franco para tener una alimentaci n sustentable rica y econ mica

*Psicología*

*iberoamericana* ,1995

*Bibliografía española* ,1999-05

Libros españoles en venta ,1996

**Cuando la comida es**

**más que comida : un camino espiritual para perder peso y recuperar la autoestima** Geneen Roth,2017-05 Un camino espiritual para perder peso y recuperar la autoestima Precedido de una excepcional acogida en todo el mundo llega a nuestro pa s su esperado nuevo t tulo de Geneen Roth que promete convertirse en su libro m s importante Experta en trastornos alimentarios la autora de *Cuando la comida sustituye al amor* y *Basta de dietas* ha sido la primera en relacionar la adicci n a la comida con problemas personales y espirituales que van mucho m s all del peso y la imagen personal Para Geenen Roth comemos como vivimos nuestra relaci n con la comida es el reflejo exacto de convicciones muy arraigadas sobre nosotros mismos Todo lo que pensamos sobre el amor el miedo y la transformaci n se expresa delante de un plato Por eso las dietas

nunca solucionar n nuestros problemas La clave afirma la autora radica en prestar atenci n a nuestro cuerpo En hacer espacio a los sentimientos de soledad de inadecuaci n de vac o que nos empujan a comer Tan inteligente como compasivo este libro transformador proporciona los recursos necesarios para cambiar la relaci n con la comida y lo que es m s importante con una misma Yelmo ,1973 **LEV** ,1999 **Libros espa oles** ,1979 **Libros espa oles en venta, ISBN** ,1994 **Obras completas de Diego Barros Arana ...** Diego Barros Arana,1910 *Razon y fe* ,1915 **Raz n y fe** ,1915 Revista hispano americana de cultura varies *Heroes del destierro* Manuel Deulofeu y Lleonart,1904 **La Revista moderna** ,1898

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### **Cuando La Comida Sustituye Al Amor Introduction**

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