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By Anita A. Johnston PhD.



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Review

"Read it in the light of the moon and the inner wisdom you find will be worth the lost sleep!" -- *National Eating Disorders Organization newsletter*

"This beautifully-written book sheds new light on struggles with eating . . . and offers hope for all who want to be free." -- *Kim Chernin author of The Hungry Self*

"This book is a gift to all women who struggle for true nourishment!" -- *Christiane Northrup, M.D. author of Women's Bodies, Women's Wisdom*

About the Author

Anita Johnston, Ph.D., is a clinical psychologist in private practice who specializes in women's issues and eating disorders. She co-founded the Anorexia and Bulimia Center of Hawaii in 1982 and lectures widely. Dr. Johnston lives with her husband and two daughters in Kailua, Hawaii.

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