

Food & Mood Journal



WEEK 3

“Imagine not being frightened by any feeling. Imagine knowing that nothing will destroy you. That you are beyond any feeling, an state.

Bigger than. Vaster than. That there is no reason to use drugs because anything a drug could do would pale in comparison to knowing who you are. To what you can understand, live, be, just by being with that presents itself to you in the form of the feelings you have...”

— Geneen Roth, *Women, Food and God: An Unexpected Path to Almost Everything*

WEEK 4

“Treat yourself as if you already are enough. Walk as if you are enough. Eat as if you are enough. See, look, listen as if you are enough. Because it's true.”

-Geneen Roth

WEEK 5

“What you pay attention to grows. Pay attention to your loveliness,
your magnificent self. Begin now.”

— Geneen Roth

WEEK 6

“And if you worry that not finishing the food on your plate is a slap in the face of all the hungry people everywhere, you are not living in reality. The truth is that you either throw the food out or you throw it in, but either way it turns to waste. World hunger will not be solved by finishing the garlic mashed potatoes on your plate.”

— Geneen Roth, Women, Food and God: An Unexpected Path to Almost Everything

WEEK 7

“Set a goal, and in small, consistent steps, work to reach it. Get support from your peers when you start flagging. Repeat. You will change.”

—Seth Godin
