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*Summary Review*

~~EP253: This~~

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~~Magnificent Life~~

~~with Geneen Roth~~

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123-Geneen Roth:

This Messy

Magnificent

Life- A Guide to

Deep Lasting

Freedom from

Self-Doubt

**Exclusive**

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*This Messy*

*Magnificent*

*Life: A Field*

*Guide Book*

*Review: My*

*thoughts on this*

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*magnificent Life*

*by Geneen Roth*

**#Book review**

**This Messy**

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by Geneen Roth

or our #body our

**#life** Geneen

Roth This Messy

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~~Show: This Messy~~

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~~Interview with~~

~~Geneen Roth~~

Questioning

Changes

Everything

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Geneen Roth Life

chats about her  
new book, \ "THIS  
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LIFE\ " - New Day  
Northwest

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and Awakening  
Eckhart Tolle~~

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Girlfriend hugs

boyfriend ð

~~this and 50% of~~

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~~Exploring~~

~~Proverbs HOW~~

~~DID SOLOMON RUIN~~

~~HIS LIFE? BY~~

~~NEGLECTING THE~~

~~WISDOM GOD~~

~~OFFERED HIM~~

~~Geneen Roth~~

~~talks to Dr.~~

~~Marissa about~~

~~Women Food and~~

~~God Three Steps~~

~~to Liberation~~

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Key Shift 1: Life

Loving Your Body

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*Body and Soul Life*

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Geneen Roth with

Krista Suh at

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explores the

personal

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beliefs, hidden traumas, and social pressures that shape not just women's feelings about their bodies but also their confidence, choices, and relationships. After years of teaching retreats and



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workshops on weight, money, and other obsessions, Roth realized that there was a connection that held her students captive in their unhappiness.

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Guide to Mind,  
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introduction by  
Anne Lamott,  
This Messy  
Magnificent Life  
is a personal  
and exhilarating  
read on freeing  
ourselves from  
daily anxiety,

l. Geneen Roth,

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author of the #1

New York Times  
bestseller Women

Food and God,

explains how to  
take the journey  
to find one's  
own best self in  
this "beautiful,  
funny, deeply  
relevant"

(Glennon Doyle)  
collection of  
personal

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explores the  
personal  
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Roth ...**

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enchanted,  
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compassionate,  
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exploration of  
the personal  
beliefs, hidden  
traumas, and  
social pressures  
that shape not

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just women's  
feelings about  
their bodies,  
but also their  
confidence,  
choices, and  
relationships.

From the  
beginning,  
Geneen Roth was  
told she was too  
sensitive, too  
emotional, too  
curious, too



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demanding, too  
intense, and too  
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With humor,

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Magnificent Life  
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just women's  
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provocative,  
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path women take  
to step into  
their own power,  
presence, and  
ownership is

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LIFE, we

experience

Geneen Roth's

signature divine

wisdom and

hilarious

humanity – but

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she also gives  
us something new  
and important.

Here, Geneen  
shows us how our  
individual body  
and food  
obsessions are  
directly linked  
to our  
collective  
oppression as  
women – and how  
getting free



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from our  
personal prisons  
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is crucial to  
seeking  
liberation at  
every level.

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Thoughtful and  
enchanting,

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After years of  
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Geneen ...**

With humor,  
compassion, and  
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**Geneen Roth ...**

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| **Book by Geneen**

**Roth, Anne ...**

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Life. When life  
gets Messy make  
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when things get  
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help you find  
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Life, is a  
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exploration into  
how women's  
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traumas combine  
with social  
pressures to  
shape their  
ideas about  
their bodies,  
choices, and  
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. Attention is  
everything.

Without it, all  
else is a

temporary fix

and no long-

lasting change

is possible.

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