

# Women Food and God

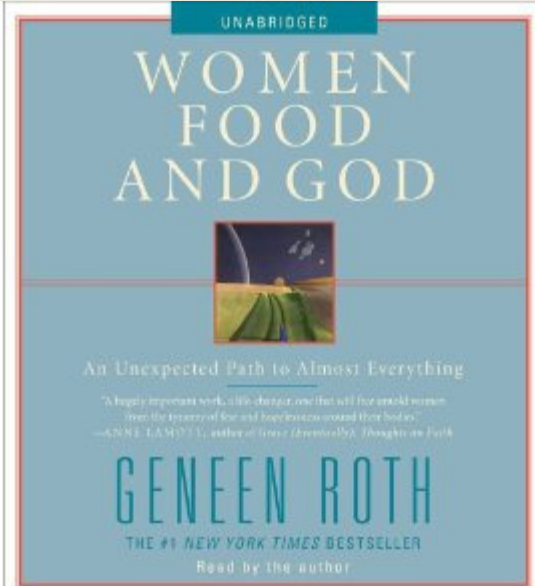
*An unexpected path to almost everything*

*By Geneen Roth*

**JOIN US FOR A BOOK  
DISCUSSION  
SEPT. 9TH 6-8PM**

“Your relationship to food is an unexpected path to almost everything. It is doorway, not a wall, an opening, not a closing.” In Geneen Roth’s most recent book she explores the ways in which understanding our relationship with food and ourselves does not just take us on a mental and physical journey through our habits and beliefs -but can also serve as a “doorway to freedom from suffering, the demystification on weight loss, and the luminous presence that so many call God”.

Please bring a simple appetizer to share - choose a food that you love or enjoy, and come prepared to share something about this food and your relationship to it.



**Where: POMEGRANATE PLACE  
750 Clarkson Street  
Denver, CO 80218**

**For More event info Visit  
[www.pomegranateplace.org](http://www.pomegranateplace.org)**

**RSVP: [www.integrativelife.net](http://www.integrativelife.net)  
Or: Erica 303-733-9519**

**HOST:** Erica has been using mindfulness-based approaches to help herself and others develop healthy relationships with food, body and mind for over 20 years. Her personal and professional journey as a clinical nutritionist led her away from dieting based health approaches – toward integrative work as a psychotherapist, yoga teacher and mind body health coach.

**For more information about Erica and the mindful approach: [www.integrativelife.net](http://www.integrativelife.net)**



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