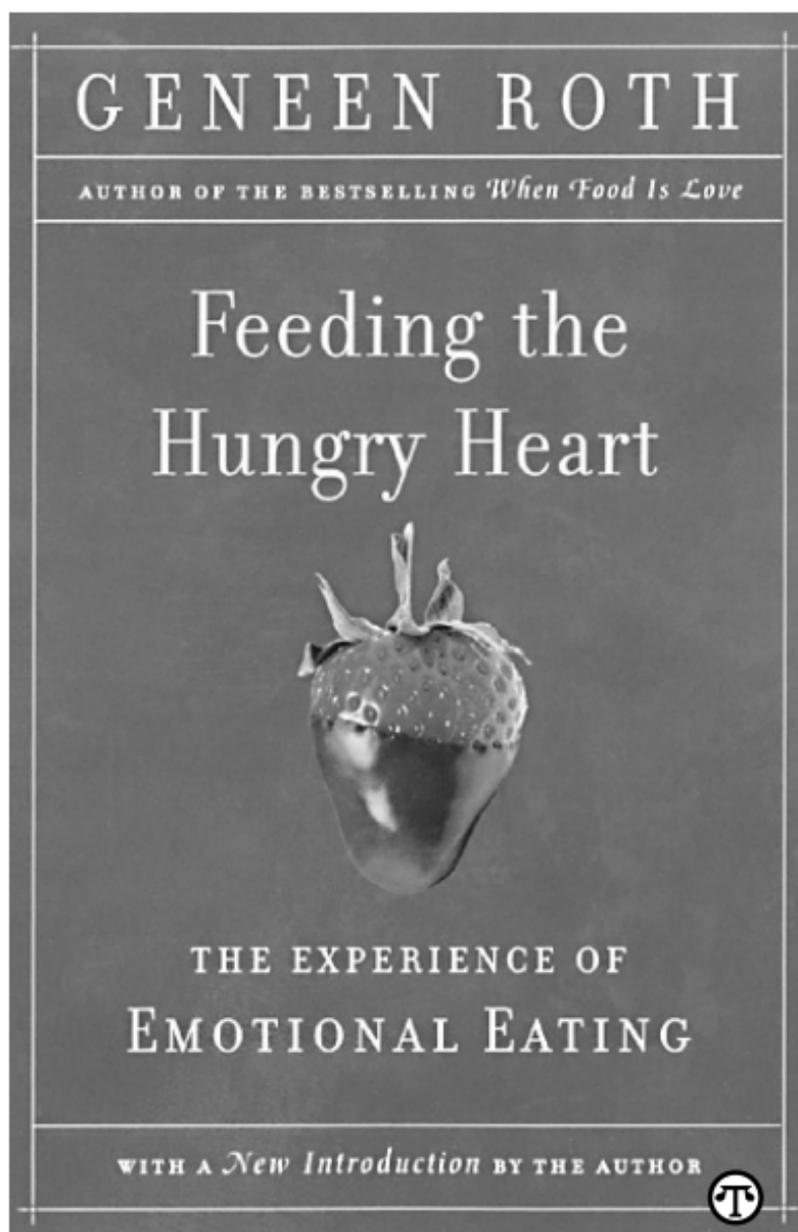




Feeding The Hungry Heart

(NAPSA)—For everyone who has ever reached for ice cream to relieve stress, or tried to find solace in a bag of potato chips, a classic book may help you learn to find the fulfillment you crave—without all the extra calories.

Emotional eating, where food serves to fill a void in one's life, is an all-too-common behavior that can lead to binges and weight issues. That's because the hunger goes deeper than a need for food, and cannot be met with calories. Fortunately, men and women now have a place to turn for inspiration to win the battle—once and for all.



With a new introduction for the 20th anniversary edition, the best-seller *Feeding the Hungry Heart: The Experience of Emotional Eating* (Plume, \$14), by Geneen Roth, is a collection of true-life accounts from people who've broken free from the destructive eating habits that high emotion can provoke.

The book lets the reader in on Roth's experiences through two decades of lectures, workshops and retreats, thus beginning a journey of self-discovery and realization—where the heart of the matter doesn't have a candy center.

Feeding the Hungry Heart is available wherever books are sold. Learn more about Geneen Roth on the Web at www.geneenroth.com.