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the personal beliefs, hidden traumas,  
and social pressures that shape not  
just women's feelings about their  
bodies but also their confidence,

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Field Guide choices, and relationships. After years of teaching retreats and 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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This Messy Magnificent Life explores the personal 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 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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but also their confidence, choices, and relationships. From the beginning, Geneen Roth was told she was too sensitive, too emotional, too curious, too demanding, too intense, and too big.

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Buy This Messy Magnificent Life: A Field Guide Unabridged by Roth, Geneen (ISBN: 9781508244851) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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just women's feelings about their bodies, but also their confidence, choices, and relationships. This provocative, enchanting, and sometimes laugh-out-loud look at the imperfect path women take to step into their own power, presence, and ownership is based on the author's personal journey and her decades of work with thousands of women around ...

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**Guide to Mind, Body, and Soul.** “In THIS MESSY MAGNIFICENT LIFE, we experience Geneen Roth’s signature divine wisdom and hilarious humanity — but 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 from our personal prisons is crucial to seeking liberation at every level.

### **Featured-Home | Geneen Roth | Geneen Roth Books, Videos ...**

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This *Messy Magnificent Life* explores the personal 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 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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Messy Magnificent Life. When life gets  
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Life. On days when things get messy,  
let me help you find one magnificent  
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## **This Messy Magnificent Life: A Field Guide: Roth, Geneen ...**

Written in her trademark humorous, yet wise voice, Roth's latest offering, *This Messy Magnificent Life*, is a compelling exploration into how women's beliefs and traumas combine with social pressures to shape their ideas about their bodies, choices, and relationships.

## **This Messy Magnificent Life - Experience Life**

*This Messy Magnificent Life* . Attention is everything. Without it, all else is a temporary fix and no long-lasting change is possible. CHAPTER ONE

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## **This Messy Magnificent Life : NPR**

? Geneen Roth, 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 reflections. With an introduction by Anne Lamott...

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