

[PDF] Ravenous: A Food Lover's Journey From Obsession To Freedom

Dayna Macy - pdf download free book



Books Details:

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Description:

Review

*"Food as protection, comfort, pleasure, and love, a defense against deprivation, a buffer against pain—so many of us will recognize our insatiable hungers in Dayna Macy's quest to understand her own. But the real appeal of **Ravenous** is Macy's voice: her candor and humility, her curious mind*

and storyteller's clarity, and the open, generous heart she brings to her tale of learning to find peace with her appetite and her body."

— **Kate Moses**, author of *Cakewalk*

*"**Ravenous** is among the most engaging, fun, and insightful books about appetite you'll ever read. A wonderful mélange of memoir (what a family!), recipes (you can taste them), the exploration of food production (slow, local, artisanal, organic) topped off by uncommonly delicious writing."*

— **Sue Halpern**, author of *Can't Remember What I Forgot*

*"This rich, compelling book follows a woman's search for balance, and ultimately, freedom, in her relationship to food. Macy's writing is strong and beautiful, every page filled with risk and integrity. I truly loved **Ravenous**. It's a real accomplishment."*

— **Kim Chernin**, author of *In My Mother's House*

*"**Ravenous** is the journey of a courageous, smart, beautiful woman who learned that there is no final answer—but that the inquiry itself, the work of being and growing and accepting, is the salve that heals the heart. Macy's writing is the perfect blend of humor, irony, and wit. Her warmth and earnestness is so lovable that I found myself rooting for her all along. I couldn't put it down!"*

— **Stephanie Snyder**, yoga instructor and creator of *Yoga for Strength and Toning*

About the Author

Dayna Macy's essays have appeared in *Self*, *Salon*, *Yoga Journal*, and other publications, and in several anthologies. For the last decade she has worked at *Yoga Journal* as Communications Director, and now also as the Managing Editor for International Editions. She lives in Berkeley, California with her husband, the writer Scott Rosenberg, and their two sons.

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