

HUNGER, HOPE & HEALING

By Sarahjoy Marsh

Shambala Publications (2015)

Have you ever stood at 20 paces with a brownie?

- **You can fight.** *I am stronger than a brownie. I will not eat this brownie. If I eat this brownie, I will churn for 50 minutes on the elliptical. I will eat carrots all day tomorrow.*
- **You can flee.** *I will not enter the kitchen. I will leave the house.*
- **You can freeze.** *I will not think about this brownie. All I can think about is this brownie...*
- **You can succumb.** *See, I'm a failure. I have no self-control. I hate myself (my thighs/my hips/my butt/my stomach, etc.).*

Whether you run or snarf, in this battle the brownie always wins. It has extraordinary power—to shame you and commandeer your plans and moods.

Up to 24 million Americans of all ages and genders suffer from eating disorders: binge eating disorder, anorexia, and bulimia—linked to depression, *they have the highest mortality rate of any mental illness.* Yet, only 1 in 10 people with eating disorders receive treatment.

Millions more suffer from disordered eating—compulsive or stress eating, and restricting—marked by obsessive food thoughts, guilt, and body-hatred. Lurching from overindulgence to deprivation, chronic dieters grasp at the latest diet fads. Yet, 95 percent of all diets fail and most people regain their lost weight in 1-5 years.

The brownie wins again.

Enter *Hunger, Hope & Healing*. Therapist and yoga innovator Sarahjoy Marsh reveals it's possible to break free of the Fight-Flight-Freeze-Submit syndrome. Take a deep breath, she advises. Not just any breath, though—a befriending breath, a homecoming breath.

Fusing yoga with psychology, neuroscience, breathing interventions, and mindfulness techniques, Marsh has developed an accessible and much needed roadmap that leads to recovery. Linking body and mind, left hemisphere of the brain to the right, yoga builds wisdom, self-compassion, and resilience. It nourishes practitioners with confidence and joy.

The book's insights awaken deep understanding and innate intelligence. Its strategies are grounding and restorative. By following Marsh's daily inquiries, action steps, yoga poses, meditations, and breathing exercises, a more balanced approach to eating and self-care naturally emerges. The standoff with the brownie ends. This time, you win.



EATING DISORDER STATISTICS

- 1 in 10 cases of eating disorders involve males
- Up to 50% of women are on a diet at any given time
- 35% of people who start dieting become addicted to dieting
- 25% of college-age women engage in bingeing and purging to manage weight
- Half a million teens struggle with disordered eating
- Rates of eating disorders among 50+ are on the rise

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SARAHJOY MARSH



Sarahjoy Marsh is a vibrant, compassionate catalyst for transformation to those that suffer from addictions—in particular eating disorders. A sought after teacher of teachers, with a master's in counseling, she has been training yoga teachers, yoga outreach volunteers, and mental health providers—including clinical psychologists and social workers—in yoga therapy tools for 26 years.

Sarahjoy's teachings are informed by personal life events, including serious injury from a car accident, resulting in a hip replacement at 42 and early life struggles with disordered eating behaviors.

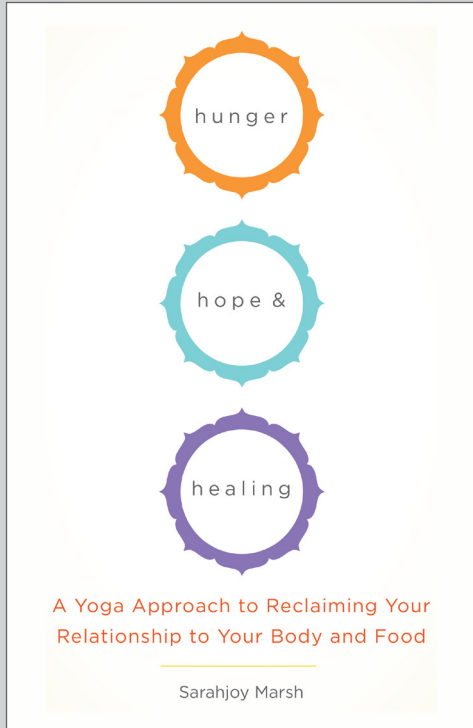
Committed to supporting marginalized populations and using yoga for social justice, Sarahjoy founded two non-profits. Living Yoga brings yoga to prisons, alcohol and drug rehab centers, and transitional facilities. DAYA Foundation teaches yoga and mindfulness tools to those with addiction, anxiety or depression; medical issues such as cancer, multiple sclerosis and Parkinson's disease; and social or financial constraints.

Sarahjoy is a regular retreat teacher at Kripalu Yoga Center in Western MA and Breitenbush Hot Springs in OR and leads annual international yoga retreats to India. She resides in Portland, Oregon and maintains a thriving schedule of classes, teacher trainings, and private consults.

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SUGGESTED QUESTIONS

DISORDERED EATING

1. What is hunger?
2. How should we define unhealthy weight?
3. Why does body weight dictate the way so many people experience happiness?
4. Why do eating disorders disproportionately affect women and young people?
5. Explain binge-eating disorder, stress (emotional) eating, overeating, bulimia, and anorexia. What do they all have in common?
6. What are “trigger” foods?
7. Explain the cycle of addiction.
8. How is recovery from food addiction possible, given that we can't just stop eating, cold-turkey?
9. What role does shame play in disordered eating?
10. Why do we feel so powerless in the face of addiction—ours and others'?
11. Why do you stress that “all behaviors reflect valid needs”?
12. If disordered eating is a self-protective mechanism, how can we feel safe without it?
13. What yoga interventions can we use to stop binge eating in its tracks?
14. Are there biochemical effects of food that influence disordered eating?
15. What do we forfeit by self-medicating with food, exercise, or restriction?
16. How is disordered eating connected to depression or anxiety?
17. Why is it especially important for parents to address their own disordered eating or body image issues?
18. What personal life experiences informed the writing of this book?

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SUGGESTED QUESTIONS *CONTINUED*

HEALING

1. Describe a 360-degree life.
2. What is yoga and why is it such an effective recovery tool? What is yoga not?
3. What are the three stages of recovery?
4. Why do we have cravings, and how should we deal with them?
5. What is mindful eating?
6. You say yoga shifts brain and body chemistry; what is the neuroscience behind yogic practice?
7. How do right-mode-brain activities serve as coping mechanisms?
8. Tell us about the four essential life skills that yoga nurtures.
9. Why should we “get comfortable feeling uncomfortable”?
10. How does yoga help us build faith in our bodies?
11. Can a klutz still access the benefits of yoga?
12. Describe the one-minute “dashboarding” activities that boost resilience.
13. How does awe act as an antidote to shame?
14. In what ways does yogic discipline differ from the self-control we impose when dieting?
15. Isn't talk therapy a necessary step in recovery from disordered eating?
16. Does research support yoga as therapy for eating disorders and body image issues?
17. What is yoga's effect on depression and anxiety?
18. What can someone struggling with disordered eating do—now—to get started on the path to healing?
19. Why is it important to build a network of support for help through the recovery process?
20. How can we go about finding a qualified yoga therapist to help with our eating issues?



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