



# **Eating in the Light of the Moon: How Women Can Transform Their Relationship with Food Through Myths, Metaphors, and Storytelling**

*Anita A. Johnston PhD.*

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**Eating in the Light of the Moon: How Women Can Transform Their Relationship with Food Through Myths, Metaphors, and Storytelling** Anita A. Johnston PhD.

By weaving practical insights and exercises through a rich tapestry of multicultural myths, ancient legends, and folktales, Anita Johnston helps the millions of women preoccupied with their weight discover and address the issues behind their negative attitudes toward food.

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