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### Leading Conversations

Friday at 10 AM Pacific

December 22nd 2017: Encore: **Stumbling on Happiness: Enough IS Enough**

Cheryl Esposito welcomes Geneen Roth, bestselling author of *Women Food & God: An Unexpected Path to Almost Everything*; and *Lost & Found: One Woman's Story of Losing Her Money & Finding Her Life*. How do you know when enough is enough? Geneen Roth has spent her adult life discerning the ways we are enough, have enough, get enough, give enough. Her exploration started with her relationship with food, and led to the real struggle: the battle with self worth. Geneen became a successful go-to guru helping others discover life-limiting beliefs & behaviors. So, imagine the surprise when she disc

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### Featured Guest



#### Geneen Roth

Over the past thirty years, Geneen has worked with hundreds of thousands of people to help them transform difficult relationships with food and so much more. Her pioneering approach outlines the link between compulsive eating and perpetual dieting with deeply personal and spiritual issues that go far beyond food, weight and body image. She believes that we eat the way we live, and that our relationship to food, money, love is a reflection of our deepest held beliefs about ourselves and the amount of joy, abundance, pain, scarcity we believe we have (or are allowed to have) in our lives. Geneen is the author of nine books, including the #1 New York Times bestsellers *Women Food and God*.

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