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The Goddess Revolution: Make Peace With Food, Love Your Body And Reclaim Your Life



Synopsis

If you've ever struggled with diets, food, body image, or your weight, then *The Goddess Revolution* is your new handbook for life. Imagine how much you would fall in love with your life again if you weren't so consumed by negative thoughts around food, your weight, and your body? Imagine if you could effortlessly find yourself at your perfect weight, in your perfect body, and feel happier and freer around food than ever before? All women are born Goddesses – but we tell ourselves over and over again that for some reason, we don't deserve to feel good. We berate ourselves in the mirror, refuse to accept compliments and use food as a punishment/reward system to mask how we are really feeling about our lives. *The Goddess Revolution* is taking over as the new 'anti-diet'. This is not a fad diet or a set of rules to follow, but a revolutionary new way of thinking that will help women to end the war on their bodies, start embracing an incredibly rewarding relationship with food, and become happier and more fulfilled than they ever thought possible. Tackling very modern issues including fitnesspiration and the obsession with perfection caused by celebrity culture and magazine airbrushing – Mel speaks in a language that women can relate to. Written with passion from one Goddess to another, this book offers readers practical tips and powerful tools to give them back control of how they feel in their bodies and what they choose to put in them.

Book Information

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Customer Reviews

In *The Goddess Revolution*, Mel inspires us to reconnect to our self and reclaim our love of food... quitting diets for good, eating well and loving your body is the practice of lasting freedom! I'm in! --

Tara Stiles, bestselling author and founder of Strala Yoga Mel Wells goes beyond the number on the scale, dress size or waistline. She shows you how to get out of that body prison and step firmly and forever into body, mind and spirit freedom. -- Julie Montagu, health coach, bestselling author, yoga instructor and star of Ladies of London Mel Wells is a light in the world. She has a great aura and an exuberant personality. In her book *The Goddess Revolution*, Mel helps us break free of judgement and guilt - especially around food and our body image. She reminds us that we can create miracles in our lives. Mel helps you to stop focusing on weight and assists you in creating a healthy and loving relationship with yourself. You will find the tools in Mel's book to bring your life into balance, experience vibrant energy and to Have The Best Day Ever! -- David 'Avocado' Wolfe, author, lecturer, nutritionist, publisher, philanthropist, adventurer Mel has such an inspirational message to help women fall back in love with themselves! She writes with such integrity and love... -- Madeleine Shaw, health coach and bestselling author of *Get the Glow* I LOVED the book! I adored it... kept re-reading it all trip! -- Angelica Malin, Editor-in-Chief, *About Time* magazine Just like Mel herself, her writing is pure, powerful, real and beautiful. This book will sway you into the hidden corner of your subconscious and reveal who you really are. A must read for anyone who doesn't know she's a Goddess... yet. -- Tanya Maher, founder of Tanya's cafe and author of *The Uncook Book* If you're done with vicious eating cycles and want to get rid of the food demons in your life, this book is for you! Mel is absolutely right, we are all goddesses in our own unique way and it's time we embrace it... *The Goddess Revolution* is empowering and inspiring, making it easy to heal your relationship with food. -- Liana Werner-Gray, bestselling author of *The Earth Diet* *The Goddess Revolution* is a modern woman's guide to debunking the social belief system we all grew up with. Thank you for creating this rebel lady bible and sharing it with us! -- Emily Nolan, Chief Empowerment Officer of emilynolan.com Mel Wells is like a big sister or BFF sharing her energy, passion and enthusiasm to make the tricky and hard-to-navigate terrain of a woman's relationship with food one of total pleasure... -- Lisa Lister, author of *Code Red* and *Love Your Lady Landscape* From the very first page you can feel love, in abundance, for the reader... The love that Mel has worked so hard to achieve for herself she has successfully shared with readers within the pages of this book. She kindly, but frankly, makes you honestly ask yourself if you ARE loving or punishing towards yourself and your body... When I started the book I had literally just done the 'I'll start on Monday' thing! *The Goddess Revolution* focuses on all areas of health, but almost prioritizes emotional and mental health which is what sets it apart from other health books. -- Nathalie Emmanuel, actress, *Hollyoaks*, *Game of Thrones* and *Fast & Furious 7* I simply ADORE Mel's approach to wellness, to food and to LIFE. This is a woman who, unlike so many 'experts', actually

GETS what it's like to have an up-and-down relationship with your body, to have struggled with and OVERCOME emotional eating and self-sabotage, and who is also incredibly open about her own experience. I love that Mel shares her message with such passion and a genuine desire to help women all around the world not only fall back in love with their body, with food, with TRUE health and with wellness, but also ultimately to love LIFE and get the most out of it. Mel's book isn't simply an inspiration or education book on food and wellness, it's a guide for living a more empowered life, and every woman should read this. -- Kat Loterzo, author, speaker and success mentor for kickass women entrepreneurs If this book was written 15 years ago I could have saved myself... I wouldn't have spent years scrutinizing my body, being a slave to the calorie and endless fads that came and went. For anyone who has been in this cycle I implore you to read this book. Mel teaches you how to fall back in love with your body, ditch the diets for good and truly nourish your body from the inside out, so you can actually do what you were born to do... LIVE! Mel, thank you for inspiring me so much and I can't wait to take a front seat watching The Goddess Revolution take on the world! -- Stephanie Waring, actress, Hollyoaks Mel is so incredibly inspiring... I really believe this book will help so many women... such a special book, written so beautifully, that could really change your life! -- Helen Flanagan, Coronation Street actress and reality star From the moment I began to read The Goddess Revolution I couldn't turn the pages quickly enough! Mel writes in a way that feels like she is talking to you. She bravely shares with us her personal battles and journey towards finding self-happiness and it's inspiring to read and learn that we can also have that sense of happiness. Goodbye diets. I can't recommend you read this book enough, especially if, like me, you were one of those people who let diets and the way you look control your day-to-day life. -- Ashley James, presenter, model and star of Made in Chelsea The Goddess Revolution is very relatable, written in a kind and understanding way that makes you feel you're not alone with your thoughts about weight, body image or acceptance! It's about learning to love who you are and not to under- or overeat! We've all had the not eating and then the bingeing that follows... it's learning to find that balance and this book shows you that it's not impossible to do. -- Lauren Goodger, model and star of The Only Way Is Essex I've known Mel for nearly 10 years. What I find most beautiful about her work is her desire to help others lead a happy, healthy life. She is so full of positive energy that anyone lucky enough to meet her or be around her is touched by her light! I'm so excited to read a book that I know has been a labour of love and will change so many women's lives... -- Iskra Lawrence, international model and editor of runwayriot.com

Melissa Wells is a coach and mentor, and received her training at The Institute of Integrative

Nutrition, New York. The founder of The Green Goddess Life, she has started a movement amongst women worldwide to help them quit dieting, start loving their bodies and live an outrageously abundant lifestyle that they can't help but fall in love with. Previously a successful actress and model, Mel personally struggled with brutal eating disorders for over 6 years, and created a unique method to heal herself and change her attitude to food. It is now her absolute mission to help as many women as possible have good, healthy relationships with themselves and the food they are putting into their bodies, so they never find themselves starting a new diet, and failing a new diet, ever again. www.thegreengoddesslife.com

I've read this book twice already and want to read it again! If you suffer from any eating disorder or body image, this book is for you! I couldn't believe how I related to it SO much, even just by the first chapter! Every chapter I read I kept saying "YES! This is what is going on in my head! How did she get it right so perfectly!?" It's not just about trying to get over an eating disorder, but also about rewiring your brain to love you and your body for WHO you are now, NOT what you look like. I cannot recommend this book enough. It definitely takes work to overcome an eating disorder but if you want recovery, this book is a step in the right direction! It changed my whole perspective on a relationship with my body.

I like her attitude and positivity, but felt that a lot of the content was vague and often repeated throughout the book.

The book itself is great for anyone struggling with their relationship with food. Personally I think it gets slightly repetitive after a while, but the overall message is a good one!

A great read. Gives you a nice new perspective.

Amazing! Mel just nailed it on the head, what an eye opening read. Really great book

bought this book and read it in an afternoon. grateful for this work. working with a client who is working towards body-love and shared it with her. especially love the chapter on becoming your own expert- that is the real message of the whole book.

Just started to read so have barely touched the surface. So far love it!

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