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This Messy Magnificent Life explores the personal beliefs, hidden traumas, and social pressures that shape not just women’s feelings about their bodies but also their confidence, choices, and relationships. After years of teaching retreats and workshops on weight, money, and other obsessions, Roth realized that there was a connection that held her students captive in their unhappiness.

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This Messy Magnificent Life - A Field Guide to Mind, Body, and Soul. “In THIS MESSY MAGNIFICENT LIFE, we experience Geneen Roth’s signature divine wisdom and hilarious humanity — but she also gives us something new and important. Here, Geneen shows us how our individual body and food obsessions are directly linked to our collective oppression as women — and how getting free from our personal prisons is crucial to seeking liberation at every level.



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Written in her trademark humorous, yet wise voice, Roth's latest offering, *This Messy Magnificent Life*, is a compelling exploration into how women's beliefs and traumas combine with social pressures to shape their ideas about their bodies, choices, and relationships.

**This Messy Magnificent Life - Experience Life**

This Messy Magnificent Life . Attention is everything. Without it,

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all else is a temporary fix and no long-lasting change is possible.

## CHAPTER ONE

### **This Messy Magnificent Life : NPR**

? Geneen Roth, author of the #1 New York Times bestseller Women Food and God, explains how to take the journey to find one's own best self in this “beautiful, funny, deeply relevant” (Glennon Doyle) collection of personal reflections. With an introduction by Anne Lamott...

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