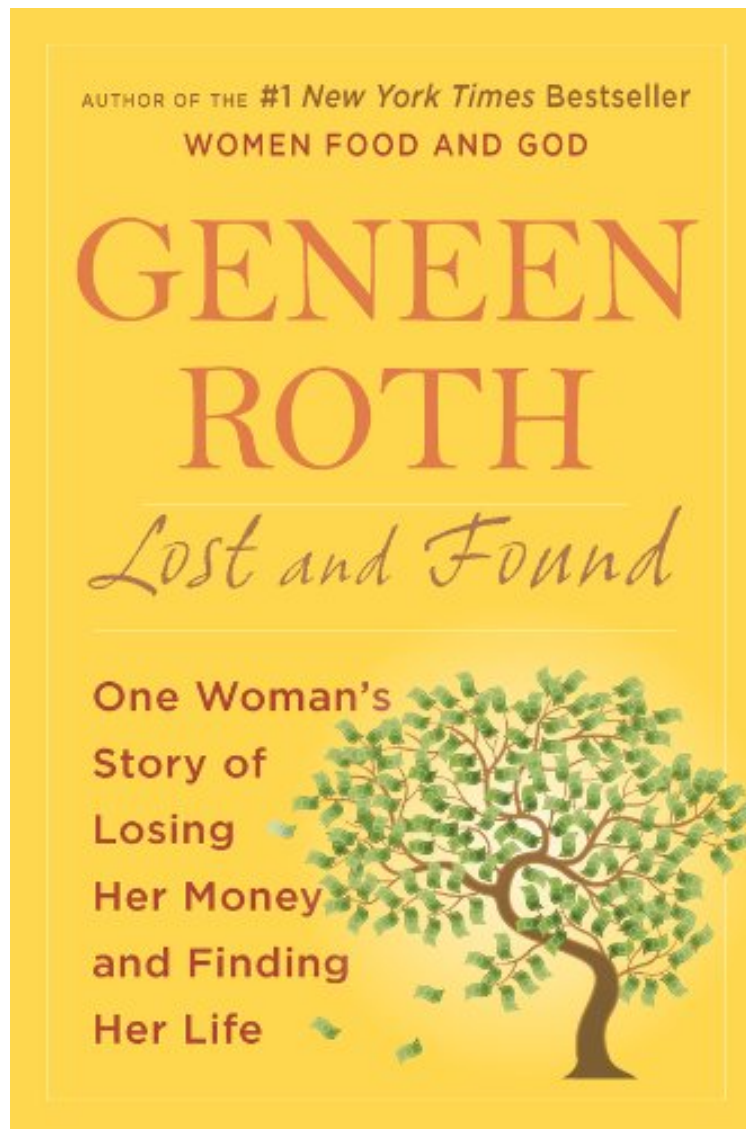


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Lost and Found: One Woman's Story of Losing Her Money and Finding Her Life

Geneen Roth

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Geneen Roth : Lost and Found: One Woman's Story of Losing Her Money and Finding Her Life before purchasing it in order to gage whether or not it would be worth my time, and all praised Lost and Found: One Woman's Story of Losing Her Money and Finding Her Life:

4 of 4 people found the following review helpful. The Work of Awareness Has A Great Champion in Geneen RothBy maidindetroitBreathtaking. Truly. Maybe because I was so ready to read this and apply Geneen Roth's lessons to my own life, but I am beyond grateful to her for writing this book. I knew I was standing in my own way in regards to

financial issues, but just how I was doing that was difficult to discern clearly. However, the stories in this book, the lessons drawn from the stories, have shed such helpful light on my own shadows. This is no small thing. I'm excited to welcome in all my limiting stories, to listen to them without judgement but with full curiosity. The work of awareness has a great champion in Geneen Roth...8 of 8 people found the following review helpful. Overindulgence is bad for the soul, wallet and waistBy ValuegaI like this book for the examination of the overlap of mindless spending (and investing as a type of spending) and overeating. Similar concepts have been brought up by Peter Walsh in his books "It's All Too Much" and "Does This Clutter Make Me Look Fat?". I think Roth does a better job with this fuller examination of the unstated reasons for out of control behavior. I think this book has lessons for people beyond the stated food and money, it could help with many types of overindulgence.The book shares many of her patterns of behavior and the shows how they sprang from core beliefs that were not right. It took a lot of courage to admit that she thought her husband was responsible to provide the necessities of their life, and her money was for play. She tells us how she conveniently "forgot" to bring he wallet when they went shopping at Costco, so he would have to pay. She works through many examples of this kind of thinking, where it came from, and how she addressed it. She makes it clear that she is still a work in progress.I think this book is needed for many people, but I think Roth generalizes Her feelings to the general population. She has a left of center political approach which will dampen her message for some people. She does not even consider that moral people can differ from her values. Roth writes from a Buddhist perspective and refers to many Buddhist writers and their works, so it helps if the reader understands some of the beliefs beforehand.I think this would be a great book for a book club, it is a good read. I wish there were a study guide with discussion questions. If people were able to tolerate the discomfort these subjects bring, the discussions could be enlightening.0 of 0 people found the following review helpful. Great book that demonstrates how money isn't everything!By KandiJGeneen Roth really knocked it out of the ballpark on this book. I love how she equated her relationship with money, in the same way that she has a relationship with food (which she was an emotional eater with issues). As a recovered anorexic, I could definitely relate to what Geneen talked about in this book. I like her writing style, it is down to earth, and real.

The #1 New York Times bestselling author of *Women Food and God* maps a path to meeting one of our greatest challenges-how we deal with money. When Geneen Roth and her husband lost their life savings in the Bernard Madoff debacle, Roth joined the millions of Americans dealing with financial turbulence, uncertainty, and abrupt reversals in their expectations. The resulting shock was the catalyst for her to explore how women's habits and behaviors around money-as with food-can lead to exactly the situations they most want to avoid. Roth identified her own unconscious choices: binge shopping followed by periods of budgetary self-deprivation, "treating" herself in ways that ultimately failed to sustain, and using money as a substitute for love, among others. As she examined the deep sources of these habits, she faced the hard truth about where her "self-protective" financial decisions had led. With irreverent humor and hard-won wisdom, she offers provocative and radical strategies for transforming how we feel and behave about the resources that should, and can, sustain and support our lives.From the Trade Paperback edition.

ldquo;Roth is courageous in her honesty.rdquo;mdash;Michelle Singletary, *The Washington Post*nbsp;ldquo;Roth teaches by example the transformative power of awareness. With compassion and humor she dismantles unconscious compulsions that bespeak an inner poverty, dissipating what she calls the lquo;trance of deficiencyrsquo; that hijacks financial relationships and self-worth. Fans familiar with the heart and wisdom that infuses Roth's candid writing style and makes her books memorable won't be disappointed.rdquo;mdash;Publisher's Weeklynbsp;ldquo;Encourages stressed-out people to step back and look the good things they havemdash;even such simple things as a treasured tea cupmdash;to help liberate themselves from old patterns.rdquo;mdash;Robin McMacken, *Grand Rapid Press* (Michigan)About the AuthorGeneen Roth is a writer and a teacher who has gained international prominence through her work in the field of eating disorders. She is the founder of the *Breaking Free* workshops, which she has conducted nationwide since 1979. She is also the author of *Feeding the Hungry Heart*, *Breaking Free from Compulsive Eating*, and *When Food is Love*. A frequent guest on television and radio programs, she has written for and been featured in *Tie, Ms.*, *New Woman*, *Family Circle*, and *Cosmopolitan*. Her poetry and short stories have been published in numerous anthologies. Born in New York City, she now lives in northern California.