



## Marianne Williamson on Body Vs Spirit

*Marianne Williamson*

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"Food represents the digestion of the world into one's self."

In Food...Feeding Spirit & Body, Williamson addresses the spiritual dimensions of eating disorders, drawing on the wisdom of A Course in Miracles. We fail to control eating disorders and other compulsive behavior, according to Williamson, not because we lack willpower but because we unconsciously turn that power against ourselves. By shifting our focus from error to solution, we free ourselves of self-abuse.

In Holy Love and the Body, Williamson stresses the importance of escaping society's perception of personal identity. As our spiritual awareness increases, we recognize our oneness with others. We can then cleanse our minds and spirits of obstructions and unhealthy patterns of thought that prevent us from experiencing the latent inner peace that has always been within our reach.

Marianne Williamson is one of the foremost interpreters and guides to A Course in Miracles. She is the author of the bestselling A Return to Love, A Woman's Worth, and Illuminata.

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