



Johnston, Anita. [Eating in the Light of the Moon](#). Carlsbad, CA: Gurze Books, 1996

[Eating in the Light of the Moon](#) by Anita Johnson looks at disordered eating and issues with food through metaphors and storytelling. Johnson emphasizes the idea that food is not the issue and it is only a mask for the real, deeper problem. This book provides insight on the importance of one's feminine spirit, listening to your inner/intuitive voice, and distinguishing between physical and emotional hunger. It gives underlying reasons that could be the cause of disordered eating and why it is important to look within yourself to understand your emotional (and physical) being.

Chapter 1: Woman Spirit: *The Root of Hunger*

- A look into history and how the symbol of a woman has changed drastically over time

Chapter 2: The Buried Moon: *Rediscovering the Feminine*

- The difference between the feminine and masculine spirits inside us and how the masculine side is dominating the feminine
- Society and culture's role in the imbalance of our feminine and masculine sides
- Disordered eating as a consequence of the imbalance between the two psyches in society and within ourselves

Chapter 3: The Beginning: *Revisioning the Struggle*

- Disordered eating: where and how it can all start
- How recovery involves letting go of judgment, the development of important life skills, and learning to trust your inner voice

Chapter 4: The Red Herring: *Food is Not the Issue*

- Food as the red herring and actually only a reflection of the real issues
- What a "fat attack" is how it can help be a distraction from the real problem

Chapter 5: Addiction: *Spiritual and Emotional Hunger*

- Disordered eating as process addiction, not substance addiction; the idea that it is an addiction to eating behavior(s) not food itself
- The importance of recognizing your hunger in order to receive true nourishment in life

Chapter 6: Symbolism: *Hunger as a Metaphor*

- How food is used in ways other than physical nourishment

- Metaphors of hunger and the importance of realizing the hidden meanings in order to achieve freedom

Chapter 7: Feelings: *Gifts from the Heart*

- Through a deeper connection with your feelings, you can discover the pearls of inner wisdom in feelings such as anger, fear, loneliness, sadness, and jealousy
- Understanding you cannot control feelings and they should not be ignored or suppressed
- Learning to acknowledge feelings and distinguish one from another

Chapter 8: Relationships: *Singing the Truth*

- The importance of finding and listening to your inner voice instead of the voices of others
- The need for relationships to foster growth and support the expression of your true self

Chapter 9: Power: *Dominion versus Domination*

- Distinction between domination power and dominion power
- Finding the power within yourself to become assertive and have control over food and dieting

Chapter 10: Nurturance: *Mother as an Archetype*

- How disordered eating is similar to the loss of ‘the mother’
- Learning how to treat yourself the way you would treat a child whom you care for in order to find your “inner mother”

Chapter 11: Intuition: *The Inner Seeing, Hearing, Knowing*

- Becoming aware of your intuition and the importance of balancing your intuitive mind with your rational mind
- The connection between intuitions and emotions
- Learning to trust instincts and not criticize intuitive feelings

Chapter 12: Dreamtime: *The Journey Within*

- Understanding dreams and their relation to the unconscious through the use of metaphors and symbols
- Interpretation of common figures in dreams such as parents, children, and animals
- Food as a metaphor and how dreams can help find the meaning to it

Chapter 13: Moontime: *Reclaiming the Body’s Wisdom*

- The importance of the menstrual cycle and how it is represented by society today
- Dieting as another ritual into adolescence in addition to the menstrual cycle
- Distinguishing between physical and emotional hunger during premenstrual sensation (PMS)

Chapter 14: Sexuality: *Embracing the Feminine*

- The impact the media, school, and family has on the emerging sexuality of an adolescent
- How the inability to explore one’s sexuality and desires affects relationships later in life

Chapter 15: The Descent: *Meeting the Shadow*

- In order for recovery, it is a necessity to look inside oneself and confront the shadow/root issue that underlies the disordered eating

Chapter 16: Assertiveness: *Speaking the Truth*

- Assertiveness as an essential aspect in the recovery process
- Finding the appropriate balance between passive and aggressive when voicing your opinion/feelings
- Formula for expressing yourself in a healthy way and three techniques to become assertive

Chapter 17: Nourishment: *Physical versus Emotional*

- The importance of distinguishing between physical hunger and emotional hunger
- Body awareness exercises to help understand physical sensations

Chapter 18: The Journal: *Recording the Truth*

- Journal writing in order to help connect eating behaviors to what is going on in our lives, our thoughts, and our feelings

Chapter 19: Recovery: *Out of the Labyrinth*

- The importance of realizing ones uniqueness instead of feelings of being an outcast
- Learning the difference between thinking and behavior and that they must be given room to change

Chapter 20: Storytime: *The Tales of Three Women*

- Three tales of women who have suffered from disordered eating