



daily GOOD

When you eat at the refrigerator, pull up a chair. --Geneen Roth's book title

One of Geneen Roth's perhaps most well-known and controversial exercises helps people to experience what they have as "enough": in conjunction with her advice to "carry a chunk of chocolate everywhere," Roth teaches how to eat that chocolate slowly and with complete awareness. The exercise, she writes, "reminds us to wake up, pay attention, stop reaching for what we don't have, and focus on what we do have. It teaches us that we don't need a truck full of love to satisfy our hungry hearts. When we pay attention, enough is possible."

Be The Change:

Eat a meal in silence today.