

Book Review

Michelle Marie Hernandez's Review of the Book, "You Can't Eat Love"

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Leslie Lindsey Davis gets to the heart of emotional eating in her first book, "You Can't Eat Love." "I was trying to capture something I thought I didn't have...I realized the only love I was missing was my own...I had a *myself*-sized hole in my heart, and I was desperately trying to fill it with food."

The author honestly and openly shares about her own soul-searching, bidding you, the reader, to also dig deep and understand what shaped your relationship with food. But she does not leave you sitting in your past or even standing where you are now. She invites you on a journey, hops in the car with you, and serves as your tour guide.

To help you make the most of your journey, the author tells you what to pack before leaving and what to add to your suitcase along the way. "You Can't Eat Love" and the companion workbook act as travel guidebooks that assist you in navigating the traffic jams and unknowns just around the corner. They reveal the well-worn paths as well as the places that have long been hidden from your view.

"You Can't Eat Love" helps you figure out your "why" for this journey and for your life. Your "why" steers you in the right direction. Your "why" also keeps you moving ahead when you face roadblocks and want to quit.

I recommend this book for anyone who struggles with eating to comfort themselves or to numb emotional pain. This book will give you a hand when you grapple with what, when, or how much to eat. You will find hacks for cooking, grocery shopping, meal planning, and partaking in physical activity. While you may well lose weight (bodily and emotional) after reading "You Can't Eat Love," this is not a diet book that tells you what to eat or not eat.

This book focuses on healing and strengthening your relationship with yourself. Through short, to-the-point chapters, the author opens your eyes to the lies you tell yourself and the truth you need to know. You will come to face to face with how you feel about and treat yourself (and why). You will catch glimpses of the real you that draw your eyes to gaze upon and pursue the truly loveable you.

You will learn many things including how to...

- become your own best friend
- believe in and love yourself
- celebrate your wins
- change your thinking

- empathize with yourself
- encourage yourself
- love yourself
- make progress
- prepare for situations involving food
- request and get what you need
- set healthy boundaries with other people
- shed fear, guilt, rejection, self-hate, and shame
- speak kindly to yourself
- take back your power and control over food
- take care of yourself
- ultimately live the life you deserve.

I like so much about “You Can’t Eat Love.” The authentic stories, hearty message, humor, and practical everyday tips top the list. The use of the travel metaphor adds excitement and expectation to the difficult but necessary and rewarding process of healing.

You will never feel alone on your journey. The author is right there with you as you read through the book. What is more, you will not be left without help when you reach the last page. The author offers many additional resources including a Facebook group, a newsletter, specialized journals, tips on social media, and a website dedicated to “You Can’t Eat Love.”

I have read a lot of books on healing—and have now added “You Can’t Eat Love” to my list of recommendations. Although I had learned much about loving myself and eating well prior to reading “You Can’t Eat Love,” taking the trip offered through this book solidified the ground I had gained and pushed me to new heights. I found out why I was falling back into emotional eating at times, even though I knew better, and gained some new handy tools to get me out of that rut.

I highly recommend “You Can’t Eat Love.”