



Overeating: A Dialogue: An Application of the Principles of A Course in Miracles

Kenneth Wapnick

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The dialogue presents the Course's approach to issues such as food addictions and preoccupation with weight. In a discussion with three students of A Course in Miracles, Kenneth points out the ego dynamics involved, and how forgiveness and the choice to accept the Holy Spirit's purpose of experiencing the peace of God, rather than the ego's purpose of fostering guilt can be applied to the issues raised.

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