



Cravings: A Catholic Wrestles with Food, Self-Image, and God

Mary DeTurris Poust

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In this first book on the topic written from a Catholic perspective, award-winning writer Mary DeTurrís Poust offers personal, hard-won wisdom on the complex relationship between food and spirituality.

Mary DeTurrís Poust draws on the rich appreciation of meals she first gained at the tables of her childhood in an Italian-American family, leading readers into reflection on the connections between eating, self-image, and spirituality. Like Geneen Roth in *Women, Food and God*, but from a uniquely Catholic point of view, Poust helps readers spot ways they use food to avoid or ignore their real desires--for acceptance, understanding, friendship, love, and, indeed, for God. Poust draws from scripture and the great Catholic prayer forms and devotions to assist readers in making intentional changes in their use of food. She also offers reflections on fasting, eating in solidarity with the poor, vegetarianism, and the local food movement.

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