



Constantly Craving

Marilyn Meberg

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Our cravings are written into our DNA. They're influenced by our childhood experiences. They're driving the choices we make as adults. And often, they're keeping us hungry. Never satisfied. Ever searching.

What do they mean? What are we to do with them? Should we feel guilty? Are there solutions?

Counselor and author Marilyn Meberg knows all about cravings. She also knows the One who knit us together, desires and all. With wit and compassion, Marilyn helps us understand our appetites, offers advice for managing them here on earth, and encourages us to eagerly await the day when we will find total satisfaction in heaven.

In the meantime, Constantly Craving is an excellent reminder that our desires for more can lead us to the One we really need, the only One who will quench our thirst forever. Really? Really!

Constantly Craving Details

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From Reader Review Constantly Craving for online ebook

Amy Webb says

Not at all the book I thought it would be but a great book reminding us to be thankful, forgive and ask for forgiveness. It was also a good physiological view of our cravings for 'more' and 'happiness'.

Miamikel SS says

I had forgotten this beautiful little book, given to me by a friend and shelved away 'to be read' and I wish I had seen it earlier - truly God's word reaching out to me to find it now :)

This book is a gem! If you are a Marilyn Meberg fan like me, and haven't read this book, you should! Are you a craver? Do you wish for more time when you hit the alarm clock at 6 am? More time in the day? More coffee, more chocolate, more of this or that? This book is a wonderful representation of always wanting more, knowing what those cravings are and how to reach for them while keeping a balance of what God wants from you, who He wants you to be!

Beth Walter says

I really like Marilyn Meberg - she's one of my favorite speakers. So I really wanted to really like this book. Sadly, I didn't really like it. It was just "okay". I felt it took awhile for her to kind of make any sort of points. The second half was MUCH better (in my opinion) than the first half. I wish I could give half stars, because I would have given it 2 1/2.

Elle says

We've all experienced, sometimes we are more aware of it, and other times not as much, but we have all wanted more. No matter what it is, more food, more money, a better job, a better relationship, the latest technology, the newest model car, we always want more and are never content with what we have currently. Marilyn Meberg addresses the want in her book Constantly Craving: How to make sense of always wanting more.

Meberg takes the time in each chapter addresses a topic of something we have all craved happiness, romance, contentment, time, purpose, and meaning, each day there is something we feel we are missing in our lives. This book is an amazing reminder that we will always be craving more until we find a relationship with Our Savior and go to Him to find what we are looking for. Meberg tells us how even though we may not realize it we are craving more of God, we are craving Heaven, we crave Eden, we want God more just sometimes we miss the mark and believe there is something else that will bring us contentment.

I really enjoyed this book, this book is not like all the other books on this subject, Meberg uses her own life as examples to times she has wanted more and has only found peace in God. This book is challenging and causes you to refocus your energy and realize what you are truly craving, not things of this world but only what God can provide.

I received this book complimentary from the publisher Thomas Nelson through the BookSneeze Program in exchange for an honest review. All opinions expressed are my own.

Lisa says

We all have to deal with cravings, we find ourselves forever wanting more. Constant Cravings: How to Make Sense of Always Wanting More by Marilyn Meberg speaks about many of the cravings we have in common: wanting more, more romance, more from our relationships, more meaning in life along with several other relevant cravings. Our cravings are written into our DNA. They are influenced by our childhood experiences. They're driving the choices we make as adults. And often, they're keeping us hungry. Never satisfied. Ever searching. – Marilyn Meberg

I appreciate that the author uses many of her own personal stories to get her point across. I realize I am not the only one facing these obstacles. I especially enjoyed the reminders from scripture that I can overcome my own Constant Cravings.

While Constant Craving offers no new advice for someone who has a Christian background, the advice offered by Meberg could be very helpful to those without that kind of background. I feel Constantly Craving would be a good choice for a book club or small group with lots of discussion.

I received this book for free from the publisher through Booksneeze in exchange for my honest opinion.

Nikole Hahn says

“We think, if I had that job, or that relationship, or lived in that city or that house, or lost twenty-five pounds, or gained a lot of money...then I would be happy. In other words, often when we are unhappy, we think that more of something would make it better.” – Foreword, Henry Cloud, PH.D.

Constantly Craving by Marilyn Meberg begins stoically, stripping away our romantic ideas of love and identifying our cravings and what causes those cravings.

Marilyn begins by breaking down our craving for more. We think if we got more of something in our life, then and only then, would we discover true happiness. The whole book goes psychologically deep into our motives and methods as Marilyn looks from how our search for our mate stems from the cradle; how we seek a duplication in our mate of what we loved or lacked in our parents; and to how our search for more can get us into trouble.

When we think of Bible characters, we forget how they didn't live in America, enjoying surplus and physical freedoms. The Apostle Paul endured much for the gospel from stoning to shipwrecks, and finally execution because of his belief in Christ. So when I read, “That's how Paul's transformed new soul enabled him to sit in jail, even knowing he would ultimately experience execution, and still say, “I have learned in whatever state I am, to be content. (Philippians 4:11-13),” it made me realize how this want for more of something can keep us from living in contentment.

What's striking is the last sentence, quoted from scripture in Marilyn's book, "I have learned in whatever state I am, to be content." Marilyn also speaks about solitude and friendships.

She makes suggestions in how to make new friendships, opening ourselves up to the risk of rejection, and then gives sound counsel in how to deal with someone who doesn't want our friendship. Marilyn encourages us to not take it personally. She says, "When a person is unresponsive to me, I first consider the personal grid that basically assures me it's not about me but about that host of "them" in the other person's early background." By "them" Marilyn speaks about the people in our past who have hurt us and how that hurt instinctively keeps us from new friendships because those friendships are too risky. Her chapter on solitude I could relate to, and in fact, something Marilyn encourages. There is a lot of humor and good advice, but like I mentioned earlier, she stripped romance of its idealism and makes it a practical application.

The book warms up into a conversation between two friends, but when I first read the book I balked at two places—the clinical view of love and how we are looking for father or mother in our spouse. While what she says is true, it's hard to hear. Especially, when she talks about looking for cradle love. Talk about taking the romance out of the evening when you recall that part as you listen to your husband say, "Let's have a romantic night together!" Still, it's a good read and worth four stars.

*book given by publisher to review.

LeAnn says

At times dry, at times hilarious. She makes good points and succeeds in being entertaining.

Rachel S says

I am focusing on my cravings and why I have those cravings. Chocolate anyone!?

I am sure you have even heard a few of these craving buster style diets: Paleo, Glutton Free, Casin Free, South Beach, etc. Heck, I have tried many of them. Yet my desire and cravings continue.

Not always for food. Sometimes I find myself craving stuff. To keep up with the Jonses, or to look like someone else, or to even be someone else! GASP!

Constantly Craving by Marilyn Meberg is a challenging, heart convicting read. Our cravings are written into our DNA. They're influenced by our childhood experiences. They're driving the choices we make as adults. And often, they're keeping us hungry. Never satisfied. Ever searching.

What do they mean? What are we to do with them? Should we feel guilty? Are there solutions?

Counselor and author Marilyn Meberg knows all about cravings. She also knows the One who knit us together, desires and all. With wit and compassion, Marilyn helps us understand our appetites, offers advice for managing them here on earth, and encourages us to eagerly await the day when we will find total satisfaction in heaven.

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One we really need, the only One who will quench our thirst forever. Really? Really!

Kaitlyn says

A 70 year old lady who likes to zip line and skydive= a woman after my own heart:) I was amazed at how much I related to this lady who is half a century older than me! Instead of writing about cravings stemming from alcohol or drug abuse, Marilyn addresses psychological issues like craving more contentment, relationships, time, purpose, etc. I learned the most from her chapters on contentment and finding meaning in solitude. I would consider myself an introvert but I don't feel like I'm accomplishing enough if I'm not constantly volunteering, spending time with friends, and working. It was a relief to know that someone else feels the same and a blessing to hear how she dealt with it all! If you find yourself constantly craving more adventure, happiness, friendship or any other "unattainable" aspect of life then you would benefit greatly from reading this book!

Robyn says

They say don't judge a book by its cover.

They say that.

And I add to it: or the book blurb.

I say that. From experience.

And yet, time and time again I choose books by the cover, the blurb, or a combination of both.

I do that.

Just for fun let's look at my latest choice, Constantly Craving by Marilyn Meberg.

As soon as I saw the title and the subtitle (how to make sense of always wanting more) meshed with the image on the cover (some sort of pop or other carbonated beverage?) I thought to myself, "By golly this is a book about food! How intriguing!"

And then, to be careful, I also read the back. Beginning with:

WE WANT MORE.

More peace

More excitement.

More romance.

More free time

More chocolate...

And I was sold!

About 80 pages in I realized something: This is not a book about food.

I kept waiting for it to come up and it just never did. Here is what the book is actually about, lest you (like me) be fooled and found foolish in front of your peers.

This book is about you and your craving for more in life. More love, more space, more time, etc. It's a book about how we're all missing something in life; something we cannot ever fill because we are all created with a longing Meberg calls a "homelessness of the soul." It's a longing for the eternal, something we will never find or fulfil here on earth.

Honestly once I realized this was more a book about relationships and the self I was quite put off. I was grumpy even. I felt really tricked by the title, cover, and blurb (although separately they all work to describe the book...well I don't really get the cover but I just assume it's too arty for my literal mind) because together they led me to believe the book was going to talk about something it never did, but I wished it did.

But I had committed to finishing the book so I thought I could do that much. And then I realized something. Once I accepted this book was different than I thought, I was able to read what the words were saying.

Each chapter is divided into the different things we crave in life and some resonated with me. For example there's a section on being enslaved to time. I can relate, especially since my husband is not enslaved to time. And I felt quite convicted about it. Especially when I read "An overly conscientious awareness of time can thwart meaningful connections and blind us to opportunities to help people. When we're enslaved to time, a phone call from a friend can be looked upon as an unwelcome interruption because it throws off the timing of [a] carefully planned day..." (99).

It made me really think about my priorities and how many times I've been annoyed or frustrated because I had an interruption or wasn't perfectly on time for something. Instead of worrying about how my lateness would be perceived, I am learning to pay attention to the reasons I am not always on time. You know what, many times it is pretty reasonable. And if I'm perfectly honest, much of the time I wasn't even that late—in fact sometimes I actually wasn't late. So what's my problem? I'm a time slave. Got to get that checked.

OK so no. This is not a book about food, not even a little. And I'm not really sure why the blurb mentioned chocolate (although I'm not mad anymore). But this is a neat little book about cravings, how to recognize them, and what to do about it when you've got 'em.

Sharon says

"...how many things in a day we could change from a bad feeling to a good thought."

"Meaning is about being; purpose is about doing."

"Silence in the face of evil is itself evil: God will not hold us guiltless. Not to speak is to speak. Not to act is to act." --Bonhoeffer

Tami Boesiger says

Good book. Enjoyable author. She made me wish I lived close enough to have her for a mentor.

This book reiterated what I already knew, but apparently need to be reminded of often--When I want more, it's a sign I need more time with God. I do better by taking my eyes off myself and putting them on God and others. My real craving is for heaven.

Tracey says

As someone who has heard and enjoys hearing Marilyn Meberg speak I was excited when I saw this book and wondered what was behind the title. Was about to discover how to put a stop to some things? What I wanted was really to find out how to STOP some constant cravings. That is not what I found.

From the very beginning in chapter one it states that the book is about "recognizing and giving a name to the itch, the quest, the craving for a "MORE" experience..."

I found the book easy to read and understand. There were many statements that provoked my thinking and caused me to do some evaluating concerning why I crave certain things and provided insight into how to deal with my cravings constructively.

Overall the book relates the idea that all our cravings lead us to the God who created us and that He can and will satisfy the cravings we have.

There is no "fix" in this book but you will find some knowledge and understanding.

This book was provided to me as a courtesy from BOOKSNEEZE and the opinions are my own.

Kim Sherwin says

We always want more. Marilyn reminds us that this never goes away no matter how much we do, own, create, buy, eat, experience, etc.

This always craving more can lead us to the One we really need.

Kattie says

I would not recommend this book to anyone, because I don't really understand who this book was intended for. Obviously it is a Christian book, but I don't really understand the purpose of the book. I'm not even sure why I gave the book 2 stars instead of one.

See more of my review at www.vivacioushobo.com

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