

Spiritual Living

By Graham Christian -- Library Journal, 7/15/2007

Whitehouse, Maureen. **Soul-Full Eating: A (Delicious) Path to Higher Consciousness**. Axiom. 2007. c.422p. ISBN 978-0-9745869-6-0. \$26.95 Diet/Nutrition/Health/Spirituality

Whitehouse's journey toward this book is in itself a wonder: she was a model and talk-show host before her encounter with *A Course in Miracles*. Since then, she has become a popular speaker and writer and the creator of a process called the "E3 Transformational Triad"—none of which is required reading for this charming book. Neither a recipe book nor a diet plan, Whitehouse's book helps readers negotiate their way through a variety of food choices while remaining aware of the spiritual implications of food and diet. For most collections.