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## Book Review

Soul-Full Eating

By

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(HealthNewsDigest.com) - There are so many obvious ways we can miss the opportunity to live a supremely fulfilling life. But what surprises most people is that fulfillment can be found through eating... that is, when you are choosing foods which resonate with your Soul! Here's the key: Eat with love what's grown with love, prepared with love, and served with love.

In her provocative book, *Soul-Full Eating*, Maureen Whitehouse artfully combines her knowledge as an expert in nutrition and spirituality to guide you along a delicious and rejuvenating Soul-satisfying path. It's one based on the love of food that anyone - no matter what their faith, religion or personal philosophy - can follow.

Take this spellbinding journey to consciousness, if you would like to: Become aware of simple, yet dynamic changes you can make in how you select, prepare and eat food that will increase your vibrancy and personal energy. Explore the best approaches to diet available today - including Raw Foods, Macrobiotics, Ayurveda, Acid/Alkaline Balance, Food Combining and the "new" Kosher. Gain cutting-edge knowledge about weight loss that brings self-love along with dropped pounds. Use foods to stimulate the body's ability to rejuvenate and heal. Deepen your spiritual connection on a daily basis while you take a stand for a compassionate and sustainable world.

Graham Christian - Library Journal

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.

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