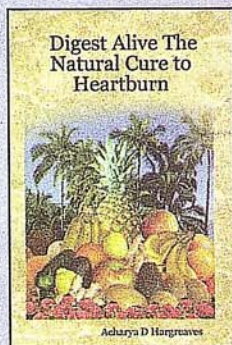


BOOK REVIEWS

Digest Alive

by Acharya D. Hargreaves

published by Lulu.com



Digest Alive: The Natural Cure to Heartburn describes how anyone can cure heartburn, acid reflux, or indigestion easily and naturally by eating right, using the help of herbs, fruits, and vegetables. This excellent book offers a step-by-step guide on how to treat the source of the condition instead of using antacids that only mask the problem. Get an in-depth view on how the body digests food, and learn the right foods and exercises to use to help alleviate any kind of eating discomfort and keep heartburn at bay forever. To order call (509) 738-6305 or visit www.digestalive.com. Please see the ad on page 17.

The Coyoté Oak

by Carlisle Bergquist

Reality Press - Foresthill, CA

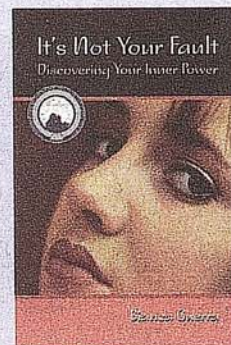


The Coyoté Oak: Burgeoning Wisdom lives up to its name. Like the trickster Coyoté, this fanciful read informs with unpredictable authority. The visionary story weaves deep ecology, quantum physics, Native American spirituality, Taoism, mysticism, and even Christianity into an engaging healing adventure. No small accomplishment as its wisdom rings loud and exquisitely clear. The author's vivid descriptions engulf the senses; you can almost taste the pancakes, smell the moss, see the sunsets, and you will certainly fall in love with the characters. Expect to be drawn in deep, transformed and left howling for more. To order visit www.thecoyoteoak.com. Please see the ad on page 22.

It's Not Your Fault

by Bianca Guerra

Living Life Publishing - San Antonio, TX



It's Not Your Fault: Discovering Your Inner Power by Bianca Guerra is an award-winning book which teaches abuse victims that the way to inner power begins with self-forgiveness. By combining journaling, thought-provoking questions at the end of each chapter, and action steps, this powerful book helps the reader begin to unlock feelings such as loneliness, betrayal, fear, guilt, shame, truth, and trust. Both inspirational and informative, *It's Not Your Fault* is not only Guerra's personal story of abuse but a process for others to follow on their own search for self-forgiveness and healing. To order call (210) 698-6392 or visit www.livinglifepublishing.com. Please see the ad on page 24.

Soul-Full Eating

by Maureen Whitehouse

Axiom Publishing - Hollywood, FL



In **Soul-Full Eating**, nutrition and spirituality expert Maureen Whitehouse helps you 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. Deepen your spiritual connection on a daily basis while you take a stand for a compassionate and sustainable world, and eat your way to enlightenment. Available in stores or visit www.experienceaxiom.com.