

## SAMPLE BOOK REVIEW

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### *Soul-Full Eating – A (Delicious!) Path to Higher Consciousness*

Maureen Whitehouse, Axiom Publishing, \$26.95, 448 pages, January 2007, ISBN: 978-0-9745869-6-0. Info at [www.soul-fulleating.com](http://www.soul-fulleating.com).

**This is a whole new diet twist – forget you’re a body and instead see yourself as a Soul.** That’s right, in her provocative new book, *Soul-Full Eating – A (Delicious!) Path to Higher Consciousness*, former international model turned Transformational Life Coach **Maureen Whitehouse gives us a path to higher consciousness that cleans up our dietary habits along the way to enlightenment.**

Whitehouse’s mantra is: *Eat with love, what’s grown with love, prepared with love and served with love.* In other words, **she is asking us to consider what we’re eating, where it came from, why we’re eating it, and to also be grateful that we’re eating it at all. The author has found that considering these factors and learning what foods resonate with our Soul is a clear path to healthier way of consuming food.**

*Soul-Full Eating* is certainly not your typical diet book. A refreshing change in the self-help approach, it very engagingly offers a complete approach to spiritual and personal development right alongside tips for eating well. **In a personal and nurturing way, Whitehouse encourages us to accept, honor and appreciate our individual dietary needs.** The well-researched and often cutting-edge information is presented in a ways that help us to become aware of the simple, yet dynamic changes we can make in how we select, prepare and eat food to increase our personal energy and feelings of well-being.

At the beginning of the book, Whitehouse **explains her overall concept** and steps that start to incorporate this approach into your life (buying produce locally, choosing organic, avoiding “mind-less” fast foods, etc.). Then she goes on to offer **a primer on a range of basic nutritional topics** from protein, to fats, to salt, to sugar, adding in contemporary issues like genetically engineered foods and the importance of enzyme-rich “live” foods. She also provides **explanations and resources for the best approaches to diet available today – including Raw Foods, Macrobiotics, Ayurveda, Acid/Alkaline Balance, Food Combining and the “New” Kosher. Whitehouse advises her readers to use the information to experiment and eventually settle on the diet that feels individually most satisfying.**

Not only does Whitehouse engagingly discuss background to increase your spiritual and nutritional awareness, **she also illuminates the life-altering effects that seeing with a Soul-Full perspective can have in your life** by sharing her own experiences and that of her father (who recovered from heart disease by taking a Soul-full approach to eating and living after being told his best option was to go under the surgeon’s knife). While reading *Soul-Full Eating*, it becomes obvious that eating consciously can have a profound effect on your life. **The depth of the author’s mission will touch your heart and inspire you into taking action.**

## **About the Author**

Maureen Whitehouse is an internationally known speaker, author and Transformational Life Coach. A former international model, actress and talk-show host, she is the founder of the *Axiom* Institute in Hollywood, Florida. In 1996, she experienced a profound awakening and since then she has lived her life helping others realize their full potential. As the founder of *Axiom* and creator of *The E3 Transformational Triad™*, Whitehouse has helped thousands of people to radically shift their perception of challenge, transition and change. Promoting the principles of ***Soul-Full Eating*** is just one highly-regarded aspect of her work.