

## Elephant Journal Book Review, Summer 2008



*Soul-Full Eating* by Maureen Whitehouse  
VIA KATYA SLIVINSKAYA

For me, food has always been more about joy than health, so I was happy as I turned the pages of this hefty read to find much talk about the enrichment of the soul. Although the gentle, far-from-preachy voice of the author takes us through the many food paradigms of the diet world (finally!), acknowledging its myriad confusing contradictions, the term “nutrition book” would be a misnomer for this one. Its scope is much broader, linking the way we eat to as many avenues of life as you can think of. Everything about *Soul-Full Eating* is comforting, which makes it a good one to keep around rather than reading once and tossing.

Source:

<http://www.elephantjournal.com/2008/10/summer-2008-book-reviews/>