

About the Author



Maureen Whitehouse

MAUREEN WHITEHOUSE, the Founder of Axiom and Creator of The E3 Transformational Triad™, has helped thousands of people to radically shift their perception of challenge, transition and change. She teaches a brand of "practical spirituality" while speaking from the Soul about her real-world experiences as an international model, actress, feature reporter and talk-show host. In 1996, Maureen experienced a profound awakening. Since then, she has lived her life helping others to realize their full potential. She is an authentic guiding beacon in the fields of human consciousness and personal transformation. Promoting the principles of *Soul-Full Eating* is just one highly regarded aspect of her work.

To find out more about Maureen and her life-altering E3 Transformational Triad™, visit: www.experienceaxiom.com

Author photo by: Sandra Kimball

Eat Your Way to Enlightenment... Could there be an easier path?

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.

"This is a heart-expanding book from the most powerful, authentic woman I know." ~ Catherine Ann Johnston, Founder, The Body Positive

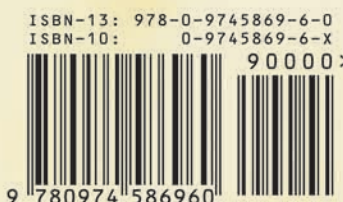
"Read 'Soul-Full Eating' and get active in your Soul's purpose with every meal." ~ Peter Cervoni, Natural Foods Chef and Cooking Instructor

Maureen Whitehouse's expansive knowledge of nutrition grew from the demand to maintain a "picture perfect" image as an international model and commercial actress. This initial goal led to decades of experiences traversing the globe voraciously studying the world's diverse nutritional and spiritual traditions.

Axiom

www.soul-fulleating.com
www.experienceaxiom.com

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

Maureen Whitehouse



Soul-Full Eating

A (Delicious!) Path to Higher Consciousness

Maureen is a resounding voice for restoring the world to its proper relationship with food.

Clearly and beautifully written, *Soul-Full Eating* is a major turning point in the understanding of nutrition, spirituality and health. It not only offers life-changing insight but also practical tips and suggestions that are easy to apply. Its entertaining and user-friendly style will ease you into gradually adopting habits that:

- Enhance and support your health,
- Increase your vitality,
- Develop or deepen a Soul-full approach to living, and
- Strengthen your connection to the planet and others.

If every reader would read this book, it would revolutionize the world!

Deliciously moving and insightful!
Every page is rewarding in itself...
like eating dessert!

Maureen Whitehouse