

Axiom Publishing

Soul-Full Eating

A (Delicious!) Path to Higher Consciousness

Eat Your Way to Enlightenment...

There are so many obvious ways we can miss the opportunity to live a supremely fulfilling life. But what surprises most people is that this fulfillment can be found through eating... that is when you are choosing foods that resonate with your Soul! Here's the key: Eat with love what's grown with love, prepared with love, and served with love. This spellbinding journey to consciousness teaches us how to extend our lives, increase our vibrancy and vitality and eat delicious food, while we take a stand for a compassionate and sustainable world. It's a path based on the love of food that anyone – no matter what their faith, religion or personal philosophy – can follow.

* ISBN: 978-0-9745869-6-0

* Diet / Nutrition /
Spirituality / Ecology

* \$26.95

* Hardcover

* Full Color Cover

* Contains Charts

* 7 1/2 x 9 1/4

* 448 Pages

* Carton Quantity:

* Available through

Midpoint Book Distributors

* Author Ties:

Resides in Hollywood, FL

Hometown: Lynbrook, NY

* Family/ Professional Ties

New York; Connecticut;

Boston, Massachusetts;

Denver and Boulder, CO

Miami and Ft. Lauderdale,

FL.

* Graduate of

The University of Rhode

Island

Marketing:

- Co-op available
- Promotional website, link exchanges, various online listings, and listed with major search engines. www.experienceaxiom.com, www.soul-fulleating.com.
- Member of American Federation of Radio and Television Actors, Screen Actors Guild, and National Speakers Association.
- Former model, actress, talk show host, feature reporter and producer.
- Tie-ins at speaking engagements.
- The author is a key note speaker, group facilitator and Transformational Life Coach who's had a profound effect on hundreds of thousands of lives over the last 10 years.
- A continuous and extensive marketing and public relations plan is in place promoting both the book and all of the author's keynotes, seminars, workshops, trade show and book events. Additionally the author is promoting her book at the American Dietetic Association Food & Nutrition Conference & Expo in Atlanta, GA and at the Eco-Bio Conference in Paris, France.
- Working with Barnes and Nobles, Borders and Whole Foods and Wild Oats supermarkets and local bookstores to organize mini-seminars.

Sales Handles:

- The author is founder and CEO of her own company, Axiom, based in Hollywood, Florida. Since 1996 she has helped people to radically shift their perception of challenge, transition and change.
- She teaches a brand of "practical-spirituality" as she speaks from her Soul about her real world experience as an international model, actress, feature reporter and talk show host. In 1996, she experienced a profound awakening and since then she has lived her life helping others realize their full potential. She is an authentic guiding beacon in the fields of human consciousness and personal transformation. Soul-Full Eating is just one highly-regarded aspect of her work.
- When not coaching clients, writing and working on projects from her home on the ocean in Hollywood, Florida she travels the world extensively, leading groups on Miracle Journeys to sacred places. To view the many audio CD programs she has available and to find out more about her and her company Axiom, visit: www.experienceaxiom.com

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Baby Boomers

Holistic Practitioners
Self-Help
Counselors/Coaches

Health Spas
Spiritual Seekers
Educators

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