



Soul-Full Eating

A (Delicious!) Path to Higher Consciousness

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. Promoting the principles of *Soul-Full Eating* is just one highly regarded aspect of her work.

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.

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.
- 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.

“*Soul-Full Eating* reveals the importance of acknowledging the spiritual element to healthy eating.”

~ Patricia Fitzgerald,
Author of *The Detox Solution*

“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

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Axiom

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