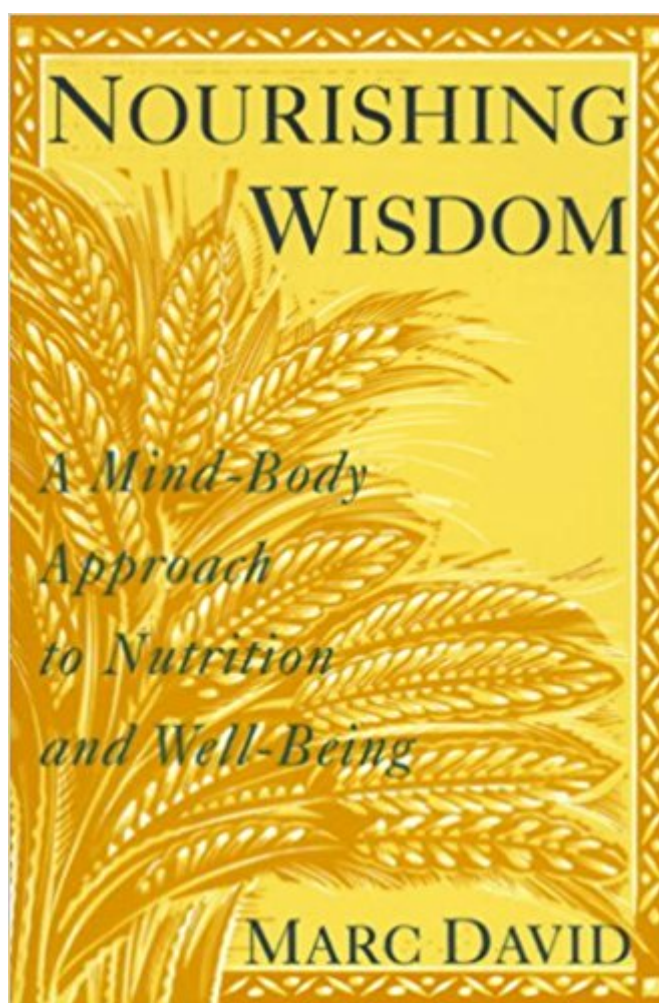


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# Nourishing Wisdom: A Mind-Body Approach To Nutrition And Well-Being



## Synopsis

"Marc David eloquently describes the importance of addressing the emotional and spiritual aspects of our lives in order to truly nourish ourselves." --Dean Ornish, M.D. Nourishing Wisdom revolutionizes the way we think about diets and nutrition. This book will change your attitude towards your body, and provide a foundation for developing a healthful relationship with food. Combining the principles of nutritional awareness, personal growth, and body psychology, Nourishing Wisdom provides practical methods for redefining the role food plays in our lives.

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## Customer Reviews

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Founder of the Institute for the Psychology of Eating, Marc David is a nutritional psychologist specializing in the connection between food, mind, and medicine. He lectures, is a consultant to corporate clients in a variety of health-related areas, and has a private counseling practice in the Berkshire Mountains of Massachusetts.

I found his book very helpful since it focuses on examining some of the spiritual basis for having a good relationship with food. Because of allergies that I knew nothing of and emotional reactions that

affected my body functioning related to my childhood trauma, I developed a dictatorial relation to my body insisting that it would do what I willed it to do and adjusted my food intake to foods that allowed me to not feel victimized and powerless by my body reactions to life experiences. This book has helped me to make needed changes in attitudes toward my body and food because I have met and succeeded in conquering challenges in life that increased my self image and self esteem. I needed to live in the present and to have some framework in which to make the change to communicating with my body - listening to how my body feels about foods, tastes, etc. This book and his other book The Slow Down Diet have done this and I am very grateful for this Nourishing Wisdom.

This book is perfect for anyone serious about learning the mind and body connection with food. The author educates with insight and humor about how and why our eating habits control our lives and vice versa. The spiritual and psychological insights espoused are pitch perfect and should be taught to all children! Stop dieting! Learn who you are and why you eat what you do. This book will show you ways to improve your entire well-being with awareness.

I am about halfway through this book and REALLY appreciate the spiritual and thought provoking style it is written in. For those of us who struggle with being friends with food-this is a must read. Whether you have a "weight issue" or not. Heck-I think it should be a required reading for any high schooler or parent! for that matter! It is spiritually broad, and well put together.

Needed it for school, was not happy with the amount of reading this semester. What a gift this was! I felt so privileged to read this book. Not preachy, no recipes, no food plans or diets; just wonderful information about the "whys" of eating.

REALLY important work: restore your place as ultimate 'expert' on what's best for you and your body.

Meh. Nothing particularly new here. If you've never read about mindfulness, read this. If you have, this covers the same bases.

This book honestly changed the way I look at food and nourishment and has helped me on my journey to recovery from my eating disorder. Highly recommended.

David offers wisdom and guidance for eating that is centered, peaceful, and healthful. Great for anyone looking to create healthier habits or a more peaceful relationship with food.

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