



## The Yoga of Eating: Transcending Diets and Dogma to Nourish the Natural Self

*By Charles Eisenstein*

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**The Yoga of Eating** is a practical and inspiring manual that offers original insights on the physical and spiritual functions of sugar, fat, meat, and other foods; fasting, dieting, processing, willpower, and the deeper principles of self-nurture. This book appeals to a higher authority?your own body?and shows how to access and trust the wisdom your body has to offer.

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#### Review

"...a tremendous buy for one of the best books on health, diet, nutrition, and living that I've ever read." (Chet Day's Health & Beyond Weekly)

#### About the Author

Eisenstein (State College, PA) graduated from Yale in Mathematics & Philosophy, was a leading Chinese-English translator and editor of several publications in Taiwan and currently teaches in two departments at Penn State.

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