



## Shifting Your Paradigm for Optimum Health and Longevity - A Model for African Americans Mastering the Inner Forces

By U-Shaka Craig Ph.D.

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Trained as a Clinical Psychologist, Dr. U-Shaka Craig releases his highly-anticipated first book detailing the need for a radical change in the way African Americans view food and its startling implications on health and culture. "Shifting Your Paradigm is a tour de force in providing readers with the information they need to radically change the way they view food and its effects on our physical, mental, emotional, and spiritual wellbeing. Dr. Craig's exhaustive research demonstrates that we could revolutionize our health and wellbeing by being more intelligent in the foods we eat. -Halford H. Fairchild, Ph.D. Professor, Psychology & Black Studies, Pitzer College

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