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Find Peace in the War on Weight

**Discover the balanced approach to enjoying eating,
and feeling healthy and happy**

NANTUCKET, MA – Annie Kay struggled with body image, weight and societal expectations for most of her life, until she found the awareness and mind/body balance she needed to achieve her natural weight through yoga. Kay now reveals her inspirational journey and insights in *Every Bite Is Divine*, recently named a finalist for a 2007 Nautilus Award.

“We each have a perfect natural weight and shape,” says Dietitian and Yoga Therapist Kay. “But it’s easy to get caught in the spiral of stress, body hatred, dieting and bingeing. By remembering how to care for ourselves lovingly, we gracefully create our unique and healthy body. Crash diets are not in this picture. Through yoga and other methods of relaxation and rediscovering sensible self-care basics, we can find peace with food, and a spiritual path to our true self.”

Every Bite Is Divine is not another diet how-to plan. Instead, Kay explains how readers can learn to appreciate their bodies and adopt healthy, satisfying and balanced eating habits. She offers a unique perspective: a background in nutrition, combined with yoga training and her personal

Inspiration for healthy living

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narrative. Kay creates a compelling and relatable story that will resonate with readers who want to achieve inner peace as well as their ideal, not idealized, body.

Every Bite Is Divine explains:

- Why diets put your mind and body in the mode to gain, not lose, weight - and simple ways to reverse the trend
- How you are continually bombarded with cues to eat exactly what's wrong for you - and how you can inoculate yourself
- When "fight or flight" turns into "stew and chew." You can short circuit the cycle, manage stress — and drop pounds the healthy way

Avoid being a casualty in the collision between human biology and modern society. *Every Bite Is Divine* puts you on the path to finding balance and stretching joyfully, confidently and contentedly into loving who you really are.

Annie B. Kay, MS, RD, RYT, is a unique voice as a writer, speaker, spokesperson, and teacher. Her rare blend of scientific education in nutrition, practical training in yoga, and her personal health story brings unusual dimension to her endeavors in communicating the art and science of health. Annie is a graduate of Cornell University (nutritional biochemistry) and Boston University (nutrition communications) and has numerous scientific papers to her credit. She has written for *Cooking Light*, among other national magazines, and has appeared on CNN and in the national media on topics of health and wellness. The author's website is www.anniebkay.com.

Title: *Every Bite Is Divine*

Genre: Health & Fitness/Personal Growth/Yoga

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