

**Every Bite Is Divine: The Balanced Approach to Enjoying Eating, Feeling Healthy and Happy, and Getting to a Weight That's Natural for You****Annie B. Kay**

\$16.95 QP, 9780978743833,

190 pages, 6" x 9",

Life Arts Press, 877/205-1932,

www.lifeartspress.com*Every Bite Is Divine*, like the philosophy

it outlines, grew out of Annie B. Kay's personal experience with an eating disorder and her work as a nutritionist. "It's a whole lifestyle book. No lists of denied foods or needless sacrifices. Just conscious choices and a process for making them." In her clinical practice, she discovered that de-emphasizing dieting and adding yoga as a way to reconnect with the physical body in a compassionate way produced amazing results among her clients. She uses their stories (told by fictional characters) throughout the book to illustrate the achievements that are possible with this system.

First, she gives a concise, easy-to-understand overview of a healthy diet and lifestyle along with the societal trends that can undermine it. In Chapter Two, she covers the history, philosophy, and psychology of yoga and tells us why she believes it is so useful as an aid to weight management.

The rest of the book contains instructions for making, and sustaining, lifestyle changes that lead to a healthy weight and an enhanced sense of well-being. Included are psychological tools, such as setting an intention and visualizing a goal, combined with simple, well-described yoga postures and meditations. Most chapters contain journaling exercises and suggestions for putting what's been learned into long-term practice. The book concludes with an extensive bibliography and resource list.

The cover photograph, enhanced by the use of embossing and spot varnishing, makes you want to pick up the book and run your fingers over it. The book will make a terrific focal point in any display dealing with healthy lifestyles.

Anna Jedziewski, Spirit Connection New York, New York, N.Y.

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