



# Soul-Full Eating: A (Delicious!) Path to Higher Consciousness

*Maureen Whitehouse*

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## **Soul-Full Eating: A (Delicious!) Path to Higher Consciousness** Maureen Whitehouse

Touted as "the preeminent resource on eco-spiritual nutrition" this book is truly food for the Soul. It answers your burning questions on diet, nutrition, health and wellness and offers sound spiritual insight and inspiration. *Soul-Full Eating - A (Delicious!) Path to Higher Consciousness* is a fun, provocative and profoundly insightful read that illustrates how anyone - no matter what their faith, religion or personal philosophy - can become a spiritual master at mealtime.

How? It's Simple:

*Eat with love what's grown with love, prepared with love, and served with love.*

*Soul-Full Eating* artfully illustrates how a deep sense of fulfillment can be found from eating foods that resonate with your Soul. Designed to resolve your daily nutrition questions and concerns in a concise and easy to read manner, it is full of engaging personal accounts intertwined with substantial cutting-edge nutritional and spiritual information which is backed up by exhaustive, comprehensive research.

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