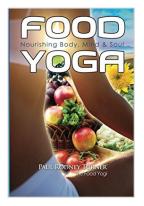
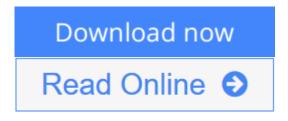
Food Yoga: Nourishing Body, Mind & Soul



By Paul Rodney Turner



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Author Paul Rodney Turner the "food yogi" takes you on a journey of rediscovering food and its importance in our spiritual evolution. FOOD YOGA not only offers practical guidance on how to live a healthy and happy life by reconnecting with nature, but also introduces the reader to the power of food as a uniter and a medium for expressing our love for the divine. Food yoga springs from the belief that the kind of food we eat affects our consciousness and subsequent behaviours. All the world's great spiritual traditions have elaborate food offering rituals carefully designed to expand consciousness and all use food as a means to represent or please the Divine and to expand the consciousness of their followers. Food yoga is, in essence, a discipline that honors all spiritual paths by embracing their core teaching – that food in its most pure form is divine and therefore an excellent medium for spiritual purification.

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Editorial Review

Review

"Finally - the book that tells the whole story about this thing we do three times a day: eat. FOOD YOGA shares in delicious prose both the spiritual and physical relevance of food in our lives, and how we can use it to heal ourselves and our planet. 'Should be must-read for anybody who's ever held a fork." - Victoria Moran, author of MAIN STREET VEGAN, Creating a Charmed Life and The Love-Powered Diet

The book is fantastic! I cannot believe how much you packed into that number of pages....everything from your personal story to various spiritual paths to USDA organics myth to Monsanto and more....I think this book will be a hit. Rae Sikora

"Food Yoga" is a unique book, because it does not only concentrate on what to consume for optimal health, but makes that important realisation that food has the power to change our thoughts, feelings and our hearts. Above all food is a gift, and as such we should always respect it and give thanks and offerings to the Creator Lily Papajorgji

From the Author

"I saw Food Yoga as the natural evolution of Food for Life, "the upgrade," if you will, and how it was important that I be honest and share my experience as a monk and volunteer of the organization -- because in a sense my life was all about Food Yoga." said Paul Rodney Turner, Director of Food for Life Global.

From the Inside Flap

This book is a virtual manifesto of the art and science of food yoga, and is a treasure trove of priceless information about many of the divine aspects of food. By reading this book you will learn just how important food is to your spiritual journey. You will discover how to genuinely feel compassion and respect for all living beings, and how this universal respect is so fundamental to a food yogi lifestyle.

Users Review

From reader reviews:

Jesse Valles:

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