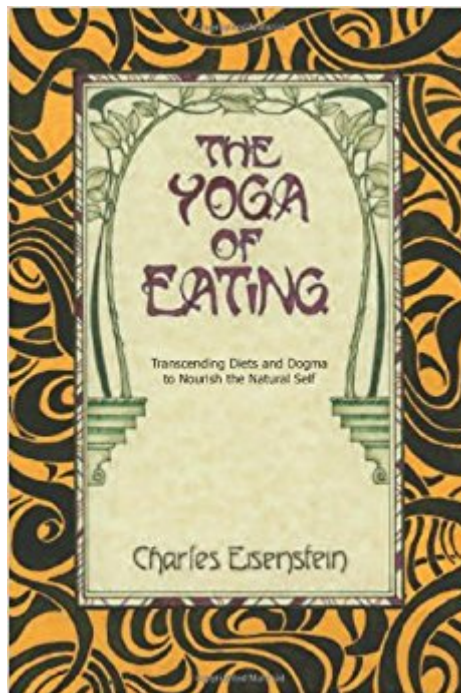




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# The Yoga Of Eating: Transcending Diets And Dogma To Nourish The Natural Self



## Synopsis

The Yoga of Eating is a practical and inspiring manual that offers original insights on the physical and spiritual functions of sugar, fat, meat, and other foods; fasting, dieting, processing, willpower, and the deeper principles of self-nurture. This book appeals to a higher authority—your own body—and shows how to access and trust the wisdom your body has to offer.

## Book Information

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## Customer Reviews

"...a tremendous buy for one of the best books on health, diet, nutrition, and living that I've ever read." (Chet Day's Health & Beyond Weekly)

Eisenstein (State College, PA) graduated from Yale in Mathematics & Philosophy, was a leading Chinese-English translator and editor of several publications in Taiwan and currently teaches in two departments at Penn State.

So lovely to read someone so young who really "gets it" about what's important in life. Eisenstein speaks on how using one's attention makes freedom effortless as well as how utterly full of genuine pleasure this awesome gift of Life really is. Not a book about eating at all. A book about Life. Truly satisfying, glorious, deep Life.

There is some surprisingly good advice in this book about mindful eating and the proper use of willpower. The author avoids "new age" thinking and language quite successfully while laying out a

thoughtful approach to life, which just happens to include advice about eating and food.

I bought this book for my kindle and read it numerous times, highlighting many sections. I actually then bought the book in paperback because I wanted to hold it in my hands and highlight and dog-ear the pages. I am new to the kindle and while this book reads very well on it, sometimes you just have to have a book. The pages of this book are thick and no ink or highlighters will bleed through to the other side. I bought this book because I do yoga and I run but I never can seem to get the diet right. Mr. Eisenstein has a new take on dieting - that is not to diet. You should eat very slowly and enjoy the food your body craves. If possible, you should eat meals in silence doing nothing else. Obviously the world doesn't often allow that type of eating with family and work obligations but we always make time for what is most important in our lives. Mr. Eisenstein suggests eating foods that actually have nutritional value, which is common sense, but he provides a little education on eating junk. Specifically that if we eat nutritionally junk food, our body is going to want more and more calories. He also states that we cannot fight our will-power. Often we will eat things we know are not good for us or eat when we are not hungry and then we get upset with ourselves. You should be mindful of your eating. He also states you should be mindful of your breathing - for example, we get tense and shorten our breathe. Anyhow, this is a must read if you know the answers but just have trouble implementing.

This book literally changed the way I eat and think about food. For one, It helped me to not feel so guilty about eating meat or other foods that so many of my "food conscious" friends are so down on. It's about being civilized and aware of what we eat rather than just putting it down or not eating at all. Food is so important but I found that I was not as conscious as I could be of how I integrated it into my world. I really like the way he writes (no finger pointing at all) and it made me feel more positive about setting down a new and EASY pathway for nutrition and food altogether. I bought three more of these books to give to other people I know that are struggling with crazy diets, overeating and just plain not eating! I hope it helps them as much as it did for me.

This book is not about ayurveda or following any other diet program, and does not include recipes or identify what you should eat. The author offers suggestions about how to bring more awareness to your eating habits and life. His solution is to stop forcing your body to conform to the mind or the latest diet strategy. Instead, pay as much attention as possible to each aspect of eating, from "Am I hungry?" to savoring each bite to listening for when the body is satisfied. If the bite doesn't taste

good, then the body doesn't need it or want it. He addresses and proposes ideas for cravings, including theories for psychological understanding. For the more spiritually evolved, he confronts the idea that enlightened people eat vegan, or survive only on air, etc. Just because an enlightened person eats only vegetables doesn't mean that eating only vegetables makes you enlightened. The author suggests that that your body will tell you when you're vegetarian, not your mind. There's even a nice essay about eating meat versus eating vegan from a consciousness evolution and cultural impact perspective. He offers a highly conscious perspective for those seeking to bring more awareness to their lives. If you're open to the idea of accessing your body's own intelligence or intuition and looking for perspectives to move you further along, then this book will be valuable. If you're looking to be told what to eat, look elsewhere.

This is an excellent book asking the reader to trust the body when deciding on what to eat or which diet to follow. It also encouraged me to really think about my diet and food in new ways by presenting controversial views such as is meat eating really morally and or physically bad for one?!

It started out good but devolved into a sales pitch at the end. I don't think the book lived up to its back cover.

Wow!! Thank you Charles for putting into words so beautifully what I have longed to experience and understand. I've been working on letting go of judgements around my body and what I put in it. This book is very helpful with the how's & whys.

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