



Nourishing Wisdom: A Mind-Body Approach to Nutrition and Well-Being

By Marc David

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"Marc David eloquently describes the importance of addressing the emotional and spiritual aspects of our lives in order to truly nourish ourselves." --Dean Ornish, M.D.

Nourishing Wisdom revolutionizes the way we think about diets and nutrition. This book will change your attitude towards your body, and provide a foundation for developing a healthful relationship with food. Combining the principles of nutritional awareness, personal growth, and body psychology, *Nourishing Wisdom* provides practical methods for redefining the role food plays in our lives.

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Bibliography

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Editorial Review

From the Inside Flap

"Marc David eloquently describes the importance of addressing the emotional and spiritual aspects of our lives in order to truly nourish ourselves." --Dean Ornish, M.D. Combining the principles of nutritional awareness, personal growth, and body psychology, **Nourishing Wisdom** provides practical methods for redefining the role food plays in our lives. **Line drawings.**

From the Trade Paperback edition.

About the Author

Marc David, M.A., is the founder of the Institute for the Psychology of Eating and a leading visionary and teacher in nutrition and eating psychology. His work has touched millions of lives through the institute, with internationally acclaimed trainings for professionals and breakthrough programs for anyone looking to transform their relationship with food. Marc's work has been featured extensively in television, radio, and online platforms, and his unique synthesis of science, psychology, heart, and soul has forever influenced the field of nutrition and health. The author of "Nourishing Wisdom" and "The Slow-Down Diet", he lives in Colorado.

Users Review

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