



# The Yoga of Eating: Transcending Diets and Dogma to Nourish the Natural Self

*Charles Eisenstein*

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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.

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