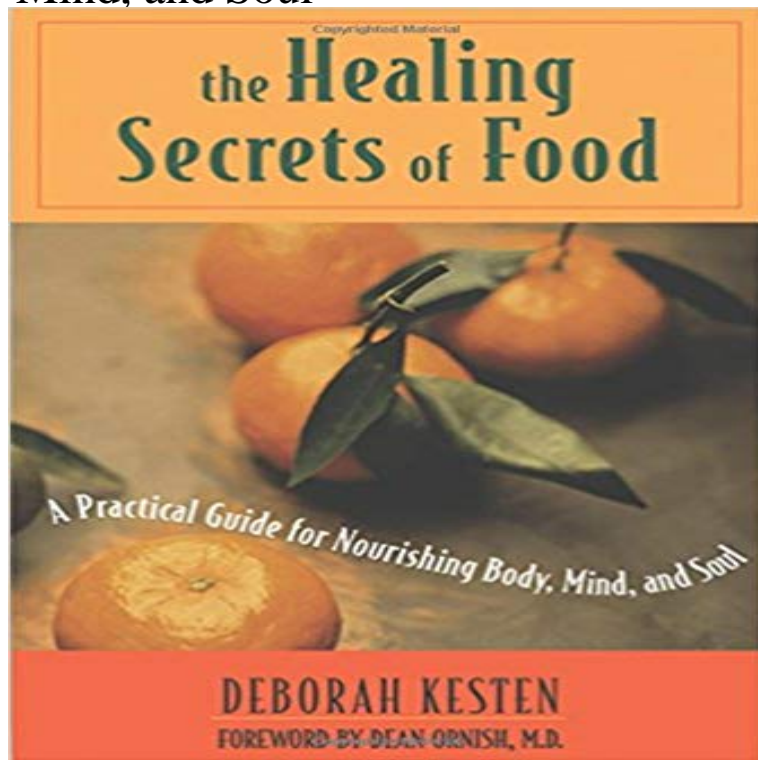


The Healing Secrets of Food: A Practical Guide for Nourishing Body, Mind, and Soul



Eating fulfills more than physical needs, which might be why one is inclined to gorge on fatty foods when feeling tired or depressed. Deborah Kesten believes that well-being is affected not only by different types of food but also by varied ways of preparing and eating meals. Kesten encourages the reader to take a multidimensional approach to food. Combining scientific facts with traditional food practices from around the globe, Kesten provides ways to benefit from the six healing secrets of food: socializing, feelings, mindfulness, appreciation, connection, and healthy eating.

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