



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

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. 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.**



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