



Feed Your Body Feed Your Soul

Ara Wiseman

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The author, Ara Wiseman, reveals the connection between the foods we consume and the health of our mind, heart and spirit. Replete with refreshingly innovative thoughts, philosophical reflections and spiritual guidance, the reader learns that emotional balance and peace is within reach through proper nourishment. This book will help you to understand the connections with food, attitude, belief systems, perceptions and emotions, and how to go deep within to discover your true authentic self. Purifying the diet leads to healing on all levels; emotional, spiritual, physical and psychological. Wholesome food has healing properties and sets the stage for release and elimination of emotional blockages that have weighed us down and prevented us from living every day of our life with joy, appreciation and compassion not only for ourselves but for others as well. With this book, Ms. Wiseman is calling us back to ourselves to uncover and develop a deep, nourishing relationship with who we are at our deepest core. By learning to tap into our inner wisdom and guidance and by continuously adding to the well with nourishing foods, thoughts, intentions, relationships, actions and self-love. Whether you are healing a specific physical challenge or taking your health to the next level this long awaited book offers a unique, insightful guide to help you dedicate your efforts to a higher purpose, by integrating nourishment into all aspects of your life.

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