



Eating with Peace and Moderation: A HarperOne Select (HarperOne Selects)

Mariel Hemingway

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This selection from *Mariel Hemingway's Healthy Living from the Inside Out* presents a mind shift in our approach toward eating, creating a positive relationship with food that brings both pleasure and peace of mind.

In *Eating with Peace and Moderation*, lifestyle expert Mariel Hemingway shares her ABCs of peaceful eating, using exercises and tips to guide us from self-inquiry, through self-acceptance, to self-awareness. Hemingway shows us how to understand the whys and hows of our approach to food and what steps we can take to form a healthy relationship with food to enjoy every meal as a positive, life-affirming experience.

“The way you eat is just as important as what you eat. The act of eating should provide a moment of respite during your day. After all, eating is the most fundamental act of taking care of yourself. While choosing nutritious, whole foods is one aspect of eating well, learning how to treat food with the consideration and respect it deserves—creating a good eating experience, whether alone or with your family—is equally crucial. Only when your attitude toward eating changes can food truly become one of the cornerstones of the balanced life—something that positively affects your life and brings you not just health but also pleasure and peace of mind.”—from *Eating with Peace and Moderation*

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