



"Soul-Full Eating" by Maureen Whitehouse Headed for Bestseller Status

Maureen Whitehouse, author of "Soul-Full Eating: A (Delicious!) Path to Higher Consciousness," launches bestseller campaign for her award-winning book on Nov. 13, 2007.

Hollywood, FL, November 13, 2007 --(PR.com)-- During the holidays, when most of us overeat, we could be growing spiritually instead of horizontally. That's right: Instead of eating our way into the next larger size pants, we could be eating our way to enlightenment.

That's the premise of "Soul-Full Eating: A (Delicious!) Path to Higher Consciousness," the award-winning book by Maureen Whitehouse, author, educator, international model, actress, talk show host and world traveler based in Hollywood, FL.

"Soul-Full Eating," winner of the 2007 Independent Publisher Book Award in the category of Health/Medicine/Nutrition, also was a finalist in the Food/Cooking/Nutrition category of the 2007 Nautilus Book Awards. The Nautilus is a unique book award, recognizing authors and titles that contribute to our society's awareness and well-being, and that embrace spiritual and ecological values such as compassion, sustainability, simplicity, and global peace.

Now "Soul-Full Eating" is headed for bestseller status. With a launch campaign scheduled for Nov. 13, Whitehouse expects the book to place high at both Amazon.com and BarnesandNoble.com on that day. Buyers who purchase "Soul-Full Eating" online (\$17.79 at Amazon.com) will receive nearly \$4000 in bonuses, including gifts from bestselling authors such as Deepak Chopra, Jack Canfield and Mark Victor Hansen (co-creators of the #1 New York Times bestselling series "Chicken Soup for the Soul") and organizations such as The Spiritual Cinema Circle.

In "Soul-Full Eating: A (Delicious!) Path to Higher Consciousness," Whitehouse combines her knowledge as an expert in nutrition and spirituality to guide the reader to a delicious, rejuvenating and soul-satisfying path. "'Soul-Full Eating' is a much-needed guide aimed at helping us reconnect to a healthy way of consuming food simply by being aware of what resonates with the deepest part of us, our soul," says Whitehouse. "You'll discover ways to more lovingly connect with your Spirit and the planet any time you consume food. You'll not only find a path to your soul, but also to the renewed health and vitality you've been seeking."

"Food is energy," notes Donna Eden, author of "Energy Medicine." "When you absolutely love what you are eating, when your food resonates with your soul's hunger, an uplifting energy infuses you that is as important as the vitamins the food contains. This book brings soul to the ways you nourish your body."

Anyone of any faith, religion or personal philosophy can do use "Soul-Full Eating" to grow spiritually, says Whitehouse.

"Every religious tradition describes the 'still, small voice within' that speaks clearly but quietly," notes Dean Ornish, M.D., founder and president of the Preventive Medicine Research Institute and clinical



professor of medicine at the University of California, San Francisco. "When we listen to our inner wisdom, we tend to choose foods and ways of living that are more healthful, as 'Soul-Full Eating' describes."

Other bestselling authors who have endorsed "Soul-Full Eating" include Mark Victor Hansen, who calls Whitehouse's book "Outstanding! This book will fill you with Soul."

"Soul-Full Eating" can help the reader:

- Become aware of simple but dynamic changes one can make in the way one selects, prepares and eats food that will increase vibrancy and personal energy.
- Deepen one's spiritual connection on a daily basis.
- Explore the best approaches to diet that are available today -- including Raw Foods, Macrobiotics, Ayurveda, Acid/Alkaline Balance, Food Combining and the "new" Kosher.
- Gain cutting-edge knowledge about weight loss that bring self-love along with dropped pounds.
- Use foods to stimulate the body's ability to rejuvenate and heal.

"This is a heart-expanding book from the most powerful, authentic woman I know," says Catherine Ann Johnston, founder of The Body Positive of Berkeley, CA.

"Anyone can become a spiritual master at mealtime," says Whitehouse. "Here's the key: Eat with love what's grown with love, prepared with love, and served with love." Visit www.eatwithsoul.com for more information.

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