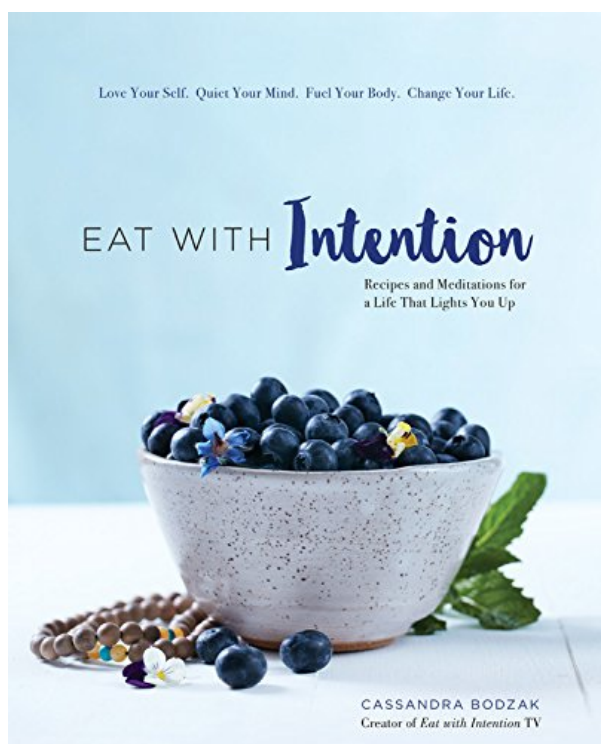


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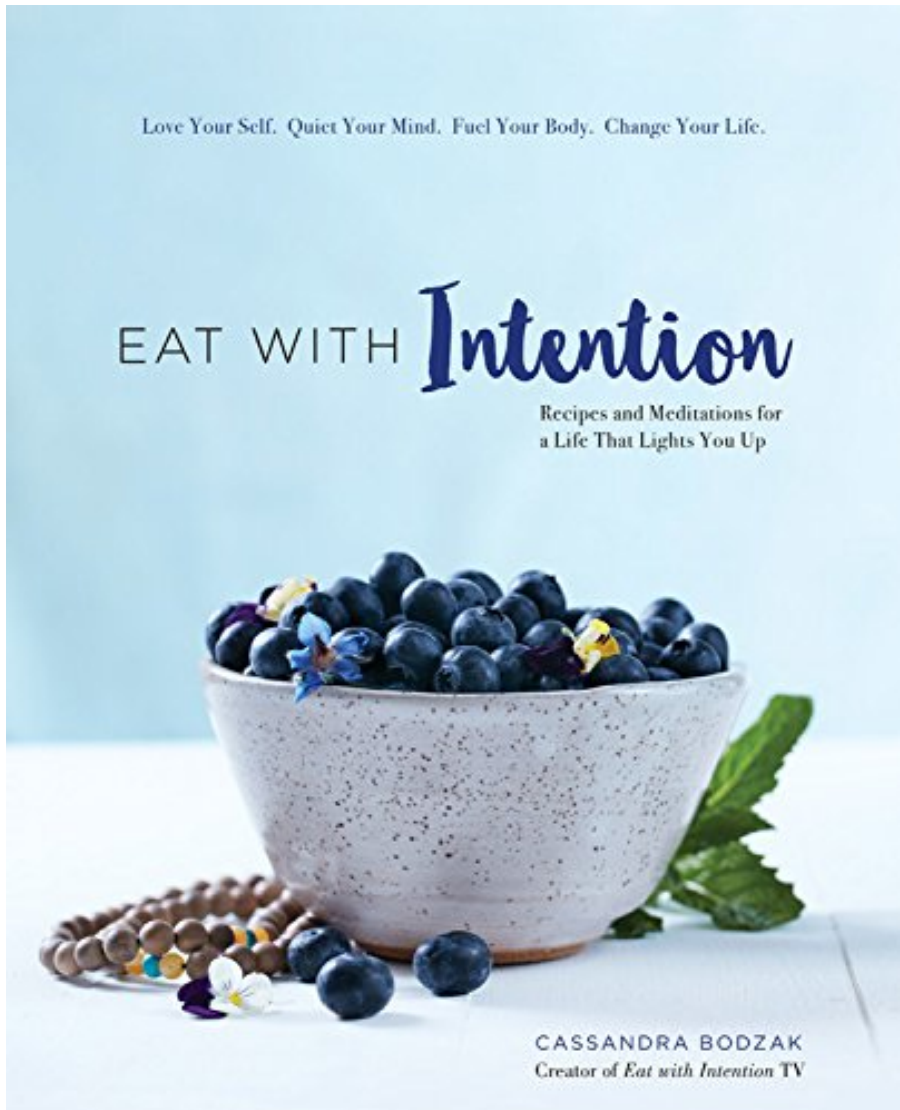
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About the Author

Cassandra Bodzak is the host of Eat with Intention TV or you may know her as the happy, healthy living guru from ABC's The Taste. She is the founder of the online mind-body-soul support community, Aprecity.com and a global meditation and wellness teacher who instructs people on how to utilize the technologies of food, meditation, and self-care to make peace with their bodies and their plates. Cassandra is an author, speaker, and certified Kundalini yoga and meditation teacher. She lives in Santa Monica, California. Discover more at www.eatwithintentionTV.com and www.CassandraBodzak.com.

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Make Peace with Your Plate

This is not your traditional cookbook. You will not have to do a cleanse, eat kale every day, or eliminate an entire food group. Instead, you will learn the step-by-step process for eating with intention and put a stop to the never ending cycle of fad diets, constant exhaustion, and general unhappiness with your body and yourself.

Meditation and wellness teacher Cassandra Bodzak struggled for years with unhealthy dieting, stomach pains, and food allergies. It was only when she began to listen to her body and eat with intention that she transformed her life. In this book, she shares her wisdom to help you discover:

- How to uncover the foods that are hurting you
- How to nourish your body from a place of self-love
- How to incorporate a daily gratitude or meditation practice into your life
- How to prepare nearly 75 plant-based recipes, each accompanied by a mantra and meditation for eating with purpose and fueling your body

So if you want to learn how to quiet your mind, start listening to your own body, and love your whole self, then you are ready for this blueprint to a life that lights you up from the inside out. You are ready to live your best life with a clear head, open heart, and endless energy.

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- Eat with Intention Recipes and Meditations for a Life That Lights You Up

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Most helpful customer reviews

12 of 13 people found the following review helpful.

Looks as good as it sounds

By Alexandra M. Colmant

Just received this book and there is a definite thrill factor to it. The cover, the simplicity of the title, the pleasing photographs, and then, flipping through the pages to see that it's what I wanted...a book that speaks to the Spiritual quality of what we do, and how we approach life, including food preparation and eating.

I love that the author felt free enough to include meditations and encouragement in the unlikely place of a cookbook.

The whole book exudes Good Vibes and thoughtfulness in a rushed world...and I have no doubt the recipes will be worthwhile as well.

7 of 8 people found the following review helpful.

This is a beautiful book educating us in healthful plant based recipes as well as meditation -setting it apart from other books.

By Zen*Yogi*Girl

I love this book as though I own many, many vegan, vegetarian, raw cookbooks -this stands alone in not only delivering recipes but making us take a breath, pause and really TASTE our food.

Many of us live these crazy, multifaceted lives - I know in my case breakfast on weekdays is normally a Greek yogurt with various toppings - consumed soon after I wake with spoon in one hand and phone in the other as I catch up on emails before work! Lunch is normally in the car between work appointments and on a good day is a home made salad or soup - on a bad day some kind of chocolate or protein bar wolfed down so I can keep going; and though we do dinner together as a family, around the table each night -I cannot recall how many times I finish first so get back to paperwork - in short, I am not really enjoying the rich taste of the food!! I am eating to move on to the next task!

And that is why this book stands apart. Not only is it chock full of delicious, good for you recipes -the premise is mindful eating. Taking that pause, really tasting each bite, and eating being a simple pleasure of enjoying the many tastes on our plate, not wolfing food down just to get some energy! This book serves to truly connect mind, body and soul and making all three aspects of our being - healthier!

There are over 70 recipes, all plant based - but most interestingly, each is accompanied by some kind of mantra or meditation designed to make us pause. The recipes are generally simple to make, using easily attainable ingredients -a big plus as I do not want to add the cost or travel time to seek out wild and crazy potions in a specialty store, I mean, how Zen is that? There are also useful tips for meditation so you are essentially getting two books in one.

This is a beautiful book educating us in healthful plant based recipes as well as meditation -setting it apart from others in the category! Love this and will refer to often.

6 of 6 people found the following review helpful.

Revolutionary Health Book for Body, Mind & Spirit!

By Jason Prall

Revolutionary book! Not only are the recipes are amazing and original, they include meditations and mantras to improve body, mind, spirit health.

It's so rare to find an original book these days. Such a nice surprise!!

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