



# The Tao of Eating: Feeding Your Soul Through Everyday Experiences with Food

*Linda R. Harper Ph.D.*

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"Our diet-obsessed culture," observes psychologist and eating disorder specialist Dr. Harper, "has robbed us of a joyful relationship with food." We are deluged by diet information-and misinformation-from doctors and scientists, to celebrities and food industry spokespeople. The pressure to diet and to avoid foods on the ever-changing forbidden list is more staggering than at any other time in history. Is it any wonder that people are either obsessed with dieting or so overwhelmed that they've simply given up? All of us born in the twentieth century have been influenced by what Dr. Harper calls the way of dieting. We've made eating into a set of rules, most often for the purpose of weight loss even though this is not the way we were meant to eat. "Our bodies tell us what they need if we are willing to listen," is Harper's reassuring message. After helping hundreds of clients take charge of their relationship with food, Dr. Harper shows how to leave the way of dieting behind.

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