

Fasting: The Proven Practice For Weight Loss, Cleansing, Healing and Spiritual Growth

This book is well-written; the material is clear and understandable, explains why some people choose to fast, how it may be accomplished and who can potentially benefit from fasting. The book defines several different types of fasting methods and even outlines a brief history of the practice. As food has provided a means of reward, escape or comfort since the dawn of time, chapter 3 focuses exclusively on the emotional aspect of how food integrates in our lives - and how to deal without it during a period of fasting. My only negative comment on this book is a few grammatical and typing errors - nothing a second edit wouldn't have cured.