



# The Yoga of Food: Wellness from the Inside Out

*Melissa Grabau Grabau*

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## **The Yoga of Food: Wellness from the Inside Out** Melissa Grabau Grabau

For the millions of people who struggle with food and body issues, yoga and its practice of mindfulness can offer a surprisingly effective path to well-being. For Melissa Grabau, a psychotherapist who has battled her own eating disorders since she was a child, yoga contains the key ingredients to transforming our connection to food and to our bodies.

*The Yoga of Food* invites you to explore contemplation prompts and meditations that will help you create a deeper appreciation of the body's health and vitality. Sharing lessons and stories she's cultivated from years of clinical practice, Melissa provides a roadmap toward a healthier approach to nutrition and the human spirit.

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#### **Mae Bushee:**

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