



BOOKS

Books in Brief

If the Buddha Came to Dinner: How to Nourish Your Body to Awaken Your Spirit (Hyperion) by Halé Sofia Schatz "If we want our spirits to soar and direct our lives in rich and meaningful ways, we need to feed ourselves with the nourishing foods, activities, and relationships that encourage growth," says nutritional consultant Schatz in this gentle new guide to eating. This is no three-days-to-a-new-you diet. Rather, it is a look at the concept of nourishment, in both its literal and metaphorical senses, and at the connections between the way we eat and the way we live our lives. Schatz's book is equal parts philosophy and practical tips. Topics include combining foods for easy digestion and sustained energy; shopping lists of what she terms "vital essence" foods; recipes that eschew dairy, wheat, and refined sugar; and a step-by-step guide to a 21-day nutritional cleanse. The dietary information will not come as news to anyone already eating whole and organic foods or familiar with the slow-food movement. But the take-home message—that changing the way we eat can be the first step toward making all sorts of personal changes—may spark transformation in many readers. Schatz delivers that message with warmth, wisdom, and compassion, and *If the Buddha Came to Dinner* goes down as easily as a bowl of her Haleakala Red Lentil Soup.