



One Bowl: A Guide to Eating for Body and Spirit

Don Gerrard

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One Bowl proposes a simple but extraordinarily powerful idea: By adopting a single bowl as the vessel for your meals, you will become more aware of the food you eat, how you eat, and the effects (large and small) of particular foods on your body and your spiritual and physical well-being. Author Don Gerrard guides us through every process of adapting to the one-bowl philosophy of eating, including choosing a bowl, deciding what to fill it with, and being attentive to every stage of eating and digestion. Although not rooted in any single spiritual tradition, One Bowl is certain to resonate with everyone who can appreciate that the Buddha, for example, ate out of one bowl, in silence, whether eating by himself or in a group. The book is beautifully illustrated with black-and-white photos throughout.



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