

Eating for Energy and Ecstasy

By: Lois Ferguson, RD

Available from: www.eating4ecstasy.com

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PROS

Imagine going on a fantasy picnic with your ideal companion and the most sumptuous, luscious food you can imagine! This is but one of the many ways in which dietitian and author Lois Ferguson invites you to engage in all of your senses to fully enjoy and savour food.

Through a collection of personal stories, celebrity quotes, advice from fellow dietitians, and observation of people's everyday experiences, Ferguson shares her wisdom and tips for sensible and sensual eating. Quality of food and the whole food experience is more important than the quantity of food. You could almost smell and taste every word as you're reading along. The book is filled with lots of interesting nutrition tools and tidbits including an eating record, positive affirmations, and a chart to help you change your obstacles into opportunities.

Describing food trends, Ferguson (one of this book club's members) was clearly ahead of her time when she wrote this book seven years ago. Rather than concentrating on the ever-changing science of nutrition, the book focuses on eating attitudes and behaviours, making the book timeless.

CONS

We would have liked to see a stronger reference for some of the information, such as the suggested link between food cravings and emotional issues. The different fonts in the book along with the many quotes and subheadings may be distracting to some readers. Several chapters could have been amalgamated and/or lengthened for greater detail and flow. While it was interesting to read stories from celebrities, we would have preferred that the author herself remain the source of nutrition advice.

BOTTOM LINE

Eating for Energy and Ecstasy is easy to read, fun, and whole-heartedly reflects Ferguson's own passion for food and life. It's not a diet book that describes *what* to eat, but is a wonderful book about *how* to eat *with* energy and ecstasy. If you're looking to change your eating habits, or if you tend to view food only as fuel to get you from one place to another, then this book is a gentle and inspiring reminder to savour food with both pleasure and passion.