



# **If the Buddha Came to Dinner: How to Nourish Your Body to Awaken Your Spirit**

*Hale Sofia Schatz , Shira Shaiman*

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If the Buddha came to dinner at your home, what would you serve? Fast food? A frozen meal quickly reheated in the microwave? Chances are you'd feed your honored guest a delicious meal prepared with love and care. But the next time *you* have dinner, what will you eat?

With so much processed food in the marketplace, obesity in adults and children dramatically on the rise, and digestive problems increasingly more common, it's clear that we're facing a serious food crisis in this country. The answer, however, isn't just to go on a diet. Reducing the intake of refined and processed foods and increasing whole foods certainly can improve one's health. But we need more. We need to feed ourselves with a sense of purpose, self-respect, love, and passion for our lives. We need to nourish our spirits.

Nourishment isn't a fad diet . . . it's a lifelong journey, and Halé Sofia Schatz is the ideal guide. Gentle, wise, and humorous, she shows us the way to the heart of nourishment--our own inner wisdom that knows exactly how to feed our whole self. A perfect blend of inspiration and practical suggestions, *If the Buddha Came to Dinner* includes guidelines for selecting vital foods, ideas for keeping your energy balanced throughout the day, a cleanse program, and over 60 recipes to awaken your palate.

Open this book and nurture yourself as never before. You'll be fed in a whole new way.

## If the Buddha Came to Dinner: How to Nourish Your Body to Awaken Your Spirit Details

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# **From Reader Review If the Buddha Came to Dinner: How to Nourish Your Body to Awaken Your Spirit for online ebook**

## **Casey says**

I enjoyed the book but I was hoping for a slightly more scientific study based analysis of processed foods and what they are doing to the body. This book has a much more spiritual focus on nourishment and what that actually means for a person as whole, not just nutritionally. I may still try the cleanse to see how it makes me feel. Overall a little too new age spiritualism for my taste, but if that's what you are looking for it's a great book.

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## **Vanessa says**

I'm giving this four stars because it's the only book I've picked up so far that deals with food and spirituality. it's not kooky, although a big part of the book is about fasting. Fasting, to be honest, freaks me out but this book advocates eating just veggies for a week or so.

Lots of neat ideas, I need to re-read. there are also recipes that I've yet to look over.

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## **Fedora says**

One of my favorite books of all time. Really teaches you about the connection of food and body.

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## **M'heeraw says**

I really love this book. This is my send time reading this and now I'm doing the 21 day food cleanse which is going okay. I can't wait for week two and three lolz.

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## **Shana says**

This is a nice primer on mindful eating with a cleanse I've been dying to try, but I'm going to wait until I wean the baby (don't need all of those toxins coming out in the breast milk). The cleanse recipes are all eastern and Mediterranean in origin, and though I'm not big on Asian food, there is plenty here that appeals to me.

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## **Bea Elwood says**

It started out so good with the whole nourishing verses consuming, and again I want to eat locally, buy

seasonally blah blah and this book is seven years old but she spends half the text repeating herself and a good half of the book talking about cleansing - yknow extreme fasting, I don't care how else you label it but it's not for me. I just want to learn how to feed myself for the next 100 years...

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### **Melissa says**

A spiritual journey into the concept of 'nourishment'. It's an opportunity to change the way that we perceive the food that we fix and learn how to build health from the most simple of practices. This is one that I will definitely buy for my bookshelf. AND recipes are included! YUM!

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### **Rebecca Thompson says**

this book is about nourishment - in every sense of the word. I learned about my relationship with food and the impact my life has had on my ability to nourish myself with awareness, openness and life-giving care.

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### **Cindywho says**

I really love the idea of this book - mindfulness and nutrition. Unfortunately, there was just enough new-agey psychobabble and testimonials to get on my nerves. There was some good information in it about healthy food and food combinations (remarkably similar to some ayurvedic principles - unattributed) and the cleansing instructions seemed sane, including healthy foods and flexibility. The recipes didn't look too bad either.

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### **Elisa says**

I already knew a lot of the stuff in this book, so I skimmed over some of it and then read some chapters. I really liked that it was written from her own experiences (she works in the nutrition field) and I love that she wants you to listen to your body. Not everything works for everyone and all of our bodies change over time. Also she talks about NOT DIETING. She approaches it from the perspective of feeding your body AND mind. Also there are recipes at the end, although I don't see myself making them. That's ok, it's more about choosing the best ingredients etc..

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### **Annie says**

This was very interesting and I think I will enjoy the recipes in the back of the book. I'm not sure if I completely buy all of this spiritual nourishment stuff, but I think that she has an interesting approach to eating. I look forward to experimenting with her suggestions.

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## **Jillian says**

This book describes a dietary cleanse, the goal of which is to purify the body and spirit. I have not actually done the cleanse, so this review should be taken with a grain of salt for now.

I wish I'd skipped the first chapter. The point is to describe why the cleanse is a good thing that people should do. I do not need this motivation - I already think cleanses are good. The language in this book is also very floofy. I'll look up a random sentence now: "When you're aligned with your spirit, your whole life opens up. What this means is that you feel deeply connected to a source of wisdom that exists within you, that guides you and helps you develop your unique gifts and talents." Well. While I admit that I actually agree with every word here, reading a hundred pages of this stuff really gets on my nerves.

Chapter 2 describes the cleanse and the reasons for doing it the way it's done. Week 1 is fruits and veggies only. Week 2 adds some grains (no wheat though!). Week 3 adds some proteins (no red meat of course). I'd like to try this cleanse some time. It sounds neat. Now is not the time.

There's a third chapter which I liked but am now forgetting what it was about. Chapter 4 is recipes, which is critical for a book like this. You can't tell people to revolutionize their diets without helping them cook their new meals. These recipes look pretty good and I'd like to try a few. I renewed the book from the library so hopefully I'll get a chance to do a few before it's due.

For now I think I will try to eat less wheat and sugar. Sounds easy, right? Hmmm. We'll see.

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## **Heidi says**

Transformational Nourishment...Eating vs. Feeding, Who are you Feeding? If the Buddah came to dinner at your home, what would you serve?...Chances are you'd feed your honored guest a delicious meal prepared with love and care. But the next time you have dinner, what will you eat? This is a really great book.

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## **Heather says**

If you need some pep talk for your soul, this book might do the trick. However, its main point, actual FOOD nourishment guidelines for your soul, was a bit extreme for me. I am not interested in testing her postulation that grains combined with proteins/fats are the hardest combination to digest and should therefore be avoided! I am not interested in cleansing myself by eating only veggies and fruits for a week. However, I will give her this: she is right to emphasize the need to listen to your body and see what works for you, rather than simply following a set of diet or lifestyle guidelines.

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## **Karin says**

Interesting comments on nourishment and different ways of determining what nourishes you. A very easy

read and written in a way that gently introduces you to the concept of nourishment (vs. dieting).

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