

# Introduction 1

---

Chapter 1The Fallacy of Willpower 3

Chapter 2Body and Soul 7

Chapter 3Birth and Nurturance 11

Chapter 4Food and Personality 15

Chapter 5The Karma of Food 27

Chapter 6The Natural Breath 31

Chapter 7The Central Practice 41

Chapter 8Making It Practical 49

Chapter 9Discovering the Right Diet 57

Chapter 10Distinguishing Appetites from Cravings 63

Chapter 11Loving the Body, Loving the Self 71

Chapter 12Fasting 77

Chapter 13Dieting and Self-Acceptance 83

Chapter 14Fat and the Good 89

Chapter 15Meat and the Life of the Flesh 95

Chapter 16Sugar's Sweetness 103

Chapter 17The Yoga of Drinking 109

Chapter 18Supplements 117

Chapter 19Processing 123

Chapter 20The Yoga of Cooking 131

Chapter 21Food is Only Food 135

Chapter 22Health and the Quest for Wholeness 139

Chapter 23 Relaxing Into Change 143

Appendix I The Illness Seeks the Medicine 147

Appendix II The Ethics of Eating Meat: A Radical View 157

Endnotes 165