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Lose weight incidentally and accept body size; tackling weight through moderation

Monday, January 21, 2008

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Quit trying so hard to lose weight. Instead of starving to be skinny, Annie B. Kay's book, "Every Bite is Divine," gently nudges readers into having a healthful appreciation for their bodies through living a balanced life.

Kay believes that not everyone is meant to be a size zero. Basic yoga exercises, meditations and affirmations focus people inward to find their path toward being the most optimal size and shape for their body type.

Developing this kind of philosophy takes work. For Kay, yoga is the perfect blend of exercise and meditation. "It can help you to slow down enough to appreciate the sweetness of the present moment and everything in it," she writes in the introduction.

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Like many yoga books, there is an ethereal quality to the text. It moves slowly and doesn't take anything for granted. Each step is laid out; every movement is carefully considered. Using Sanskrit terms, it explores ideas commonly found in Eastern philosophies.

Anyone who believes that gain comes only through pain will have a difficult time with this book. Rather than embracing the media image of what a body should look like, Kay invites people to look inward and embrace who they are. Mindful moderation is an ancient concept. Losing weight is purposely incidental. Laura Axelrod --

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