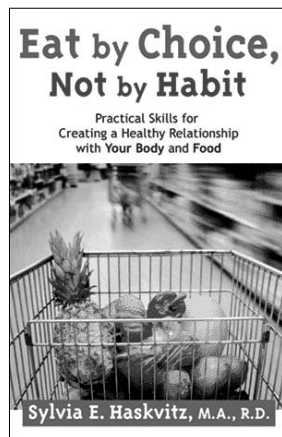


# Developing Food and Body Wisdom

by Debra Urken

*Eat by Choice, Not by Habit: Practical Skills for Creating a Healthy Relationship with Your Body and Food*  
Sylvia E. Haskvitz, M.A., R.D.  
Encinas: PuddleDancer Press, 2005, 122pp. \$8.95

*Eat by Choice Guidebook: Bringing Consciousness to the Eating Experience*  
Sylvia E. Haskvitz, M.A., R.D. and Jan Henrikson  
Tucson: Pink Scoop Press, 2009, 19pp.  
\$12.00 (\$10 for 10 or more).  
To order: [silgiraffe@aol.com](mailto:silgiraffe@aol.com)



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**E**at by Choice, Not by Habit and the Eat by Choice Guidebook give you tools “to access...your own food and body wisdom” so you can develop new food strategies that work for you. The language of Nonviolent/Compassionate Communication (NVC) — which involves identifying your feelings and needs and making do-able requests of yourself and others — serves as the publications’ inspiration and foundation. Even if you believe your relationship with food to be “under control,” this book and e-guidebook can help you make it one of your most passionate, gratifying relationships while enlivening your other creative pursuits and relationships as well.

Sylvia Haskvitz, certified trainer with the Center for Nonviolent Communication (NVC) and registered dietitian, structures *Eat by Choice, Not by Habit* like a Socratic dialogue. The questions featured in the book that the author gathered and selected might

remind you of other questions about food that buzz around your head. Using the language of NVC, Haskvitz answers questions like: “When is enough, enough?”, “My father always used to tell me I was too fat to eat chocolate – how can I get his voice out of my head?”, or “How do I support a loved one in changing their eating habits?” Each dialogue serves as a model to help you answer your own food questions.

In a chapter toward the end of the book called “Sylvia’s Soapbox,” Haskvitz provides information about food choices and habits that help readers expand their food-related knowledge bank. For instance, she describes healthful meals prepared at Waldorf schools and links the deficiency of grieving in contemporary society to “disordered eating.” The list of valuable resources at the end of the book provides supplementary information

and opportunities for further study.

Haskvitz and writer Jan Henrikson’s e-guidebook, designed for individual or group exploration of food issues, is full of questions and jumping-off points that help you examine your feelings about family and society that may underlie your ineffective eating habits. Their “conscious eating exercises” spawn new awareness. In just this way both the book and e-guidebook are slim but rich with ideas. Each provides contact information for the author(s) so you can share changes you’ve experienced during your journey. By engaging yourself with the material you’ll join the authors and other readers participating in the new “Eat by Choice Movement” begun by Sylvia Haskvitz in 2005.

Grab the book and guidebook, plus pen, paper, scissors, glue, markers, notebook, magazines — and maybe a picnic meal — then head for your best friend’s house or spread out on a blanket at the local park. And dig in!

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