

were taught only to scholarly men over the age of 40. Then in 1968, Berg, wife of Rav Philip Berg, then director of The Kabbalah Centre in Israel, insisted the secrets be made available to all people. They have been ever since. Berg's persistence has resulted in 50 Kabbalah Centres worldwide and this extraordinary book. Berg presents all the basic tenets of Kabbalah in a warm, witty, down-to-earth-manner. She also tells her personal story of awakening and commitment to her vision of Kabbalah for everyone. She details 20 kabbalistic tools, all from a woman's perspective, which can be used to navigate life's challenges with grace, power and transformation. She explains the spiritual advantage of women, the power of soul mates and the true purpose of life. She provides tools to guide the reader through life's most human challenges and much more.

\$17.95 hardback — The Kabbalah Center, 155 E. 48th St., New York, NY 10017.

LIFE MOVES: Exercise for the Love of the Lifestyle

BY KAREN S. DANNER

If your relationship with exercise is anything other than a love affair, then this how-to book, which addresses exercise at a causal level, is for you. Danner presents an irrefutable solution to weight-loss, at-risk health conditions and disease. She points out that it is our idea of exercise that determines our experience. She brings forth a positive perspective about exercise that takes the reader on a journey to happiness and wellness; brings love, joy and life into the experience of exercising; and speaks to the consumer, effectively bringing exercise into a new light. Danner reveals exercise as being multidimensional, a new and interesting journey through the imagination to create solid strategies for personal success. The end result is a connection between feeling good with your exercise experience and feeling good about life.

depleted energy, spiritual apathy and, eventually, poor health. Safron feels that fasting allows the body to heal itself. He describes a variety of fasts, such as water, juice, soup and raw foods, as well as healthy ways to cleanse certain parts of the body, from internal organs to the eyes, ears, nose, skin and blood. There are also fasts in which people go without speaking, working, interacting with people, the media and more. The book includes fasting aids such as herbal baths, yoga, music, sweats and meditation, and a self-empowerment questionnaire.

\$11.95 — Celestial Arts, P.O. Box 7123, Berkeley, CA 94707.

DIABETES-FREE KIDS: A Take-Charge Plan for Preventing and Treating Type 2 Diabetes in Children

BY SHERI COLBERG, Ph.D. WITH MARY FRIESZ, Ph.D., R.D.,

The authors address the growing epidemic of type 2 diabetes (formerly called adult-onset diabetes) among children, and provide parents with an action plan for stopping it in its tracks. They show how clearly the links are between the rise in obesity among our children and the rising incidence of type 2 diabetes. They provide the tools and knowledge needed and lay out a clear plan for diet and exercise that will allow even the pickiest eaters to enjoy healthier yet satisfying meals and snacks. They also show how to motivate the most sedentary children to put down the PlayStation controller and start moving. The book takes parents through the process of diabetes prevention, step-by-step. With a little commitment and a willingness to make some small lifestyle changes, this plan can make all the difference in a child's life and keep them healthy and happy.

\$14.95 — Avery/Penguin Group USA, 375 Hudson Street, New York, NY 10014.

Music From My Soul, Bolivia

BY OSCAR REYNOLDS

This all-instrumental recording is full of evocative South American/Latin rhythms and melodies enhanced by exceptionally talented ethnic players from Bolivia, Peru, Argentina and Spain who live in the San Francisco Bay area. Most of the indigenous instruments appearing on this CD should be familiar to fans of global music. While the music is deceptively smooth and even soothing upon first listen, after a more careful review, one can hear polyphonic rhythms and a lush tapestry of guitar, charango, Andean pipes (antara) and bass. The overall effect marries South American folk with flamenco, while gorgeous sensual melodies quicken one's pulse and send the spirit soaring.

www.oscarreynolds.com

SACRED GROUND: A Tribute to Mother Earth

BY VARIOUS SILVER WAVE ARTISTS

Celebrated stars of Silver Wave's Native American music are joined together with 10 all-new recordings of soul stirring songs that honor our Mother Earth. With traditional spirit and contemporary style, these powerful voices call out for us to acknowledge and care for the sacred ground on which we live.

www.silverwave.com

SONG OF THE SEA

BY SHARON KNIGHT

This music, inspired by the fierce and passionate spirit of the Celts, features lyrical tales of muses and sirens, magical spells, pirates, phoenixes and otherworldly heroes. The predominantly acoustic album features sometimes powerful, sometimes ethereal vocals and striking poetic imagery, supported by an instrumental framework of guitar, mandocello, violin, Uilleann pipes, Irish whistles and piano.

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