

## EDITOR'S PICKS: MEDIA

### Sights + Sounds

From GMOs to yoga, titles that teach

*The Future of Food* (2005), a 90-minute documentary by Deborah Koons Garcia, takes a startling look behind the scenes of today's food industry, investigating the history of GMOs, the politics surrounding them, and their impact on farmers—and us. ([thefutureoffood.com](http://thefutureoffood.com))

*Strength, Grace, Healing* (2006), with Max Strom, founder of Exhale Center for Sacred Movement in Los Angeles, offers beginning yogis tools for customizing their practice with a nurturing touch. ([maxstrom.com](http://maxstrom.com))

*The Heart of Pilates: Beginning Workout Level 2* (2006), with KJ Luker, founder and director of Center Studio in Los Angeles, provides an exhaustive intro to Pilates, plus an inspiring PBS special that demonstrates the many benefits of the practice. ([heartofpilates.com](http://heartofpilates.com))

*The Language of Yoga: Complete A to Y Guide to Asana Names, Sanskrit Terms, and Chants* (2006), by Sanskrit scholar Nicolai Bachman, gives us the opportunity to connect with yoga's spiritual roots through translations and a comprehensive dictionary—appealing to those who want to learn more about the foundations of this ancient practice. —Kate Hanley

ping streets of Cambridge, Massachusetts, turns into an entertaining, if tidy, tale of love conquers all. A guilty pleasure, predictable but fun.

### Antidote for the Too-Busy Lifestyle

*Why and how to make time for what matters*

In her “Touching the Deep River” workshops, psychotherapist Abby Seixas explains how the “chronic busyness” of our fast-paced lives is cutting us off from essential aspects of ourselves—including our senses of self, purpose, and place. Now, in *Finding the Deep River Within: A Woman's Guide to Recovering Balance and Meaning in Everyday Life* (John Wiley & Sons), Seixas packages her seminars into book form, demonstrating why—and how—to slow down and touch the still, quiet space within.

This practical guide is full of tools and encouragement to help overworked, overcommitted women regain balance and spiritual contentment and would be a great project to tackle with a reading buddy or group. When things are out of whack deep down inside, Seixas believes, the effects, like ripples in water, spiral outwards, touching our relationships, jobs, communities, and the world at large. A comforting and stimulating how-to, *Finding the Deep River Within* has powerful inner and outer implications.

## Born Believers

*Do we come to our convictions or do they come to us?*

Andrew Newberg, M.D., refuses to see a schism between science and religion. Director of the Center for Spirituality and the Mind at the University of Pennsylvania and coauthor of the bestseller *Why God Won't Go Away*, he may be best known for his appearance in the popular film documentary *What the Bleep Do We Know!?* In his latest work, *Why We Believe What We Believe: Our Biological Need for Meaning, Spirituality, and Truth* (Free Press), he and coauthor Mark Robert Waldman look at the biology of belief and how our beliefs affect our behavior and vice versa. Like Gerald Hüther in *The Compassionate Brain* (reviewed on page 140), Newberg believes in the malleability of belief—though he points out how hard it is to change our concepts of what we think is true. “Be careful what you pray for,” he says, “because it may eventually become your personal truth.” Grounded in solid research, *Why We Believe What We Believe* is an intriguing, captivating, and entertaining read. —BOOKS

REVIEWED BY FRANCES LEFKOWITZ +

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