



RECONNECT WITH YOUR INNER VOICE AND HARMONIZE YOUR RELATIONSHIP WITH FOOD

“[Cotton] imbues her practical advice with empathetic and empowering messages (“You are worthy of nourishment”). The result is a welcome antidote to a diet-obsessed culture.”

—*PUBLISHER’S WEEKLY*

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A Nourishing Perspective is a gentle, practical guide for women to navigate the complexities of a diet-centric world inundated with marketing promotions disguised as “nutritional expertise.”

Registered dietitian and mind-body wellness expert Lee Cotton aids women in reconnecting

with their bodies’ natural rhythms and hunger cues. She thoughtfully dives into the complexities of women’s emotional connections to food to help them undo generational patterns of disordered eating habits without resorting to fad dieting or extreme workouts.

Cotton’s evidence-based and personable approach provides immediate relief for women who have engaged in a cycle of restrictive and tenuous dieting regimens. With her knowledge, readers will learn to nourish their bodies throughout the various life cycles of womanhood (i.e., childhood, adolescence, adulthood, and menopause) and achieve emotional and physical harmony with food.

With a warm and sincere tone, *A Nourishing Perspective* invites readers to learn how to set goals, identify their specific nutritional needs, and address physical changes in their bodies with love and compassion. Cotton inspires open-ended conversation that encourages the reader to connect with their own body’s cues and signals, enabling them to make choices that replenish their bodies.

Learn More at ANourishingPerspective.com

ABOUT THE AUTHOR

LEE COTTON is a Registered Dietitian Nutritionist who promotes mindful eating as a sustainable approach to nutrition. Through her practical guidance and mind-body expertise, she works with and inspires individuals to improve their relationship with their bodies. Cotton strives to create spaces for women to both discuss their feelings around food and cultivate a healthy body image.



Her passion for nutrition stems from her own journey, which inspired her to pursue a career in nutrition that changed not only her life but also those of many others. She believes that mindful nutrition is the key to good health and is wholeheartedly dedicated to educating people about the impact of food on their well-being.

Learn more at ANourishingPerspective.com.

PRAISE FOR *A NOURISHING PERSPECTIVE*

“A detailed, impassioned plea to rethink notions of eating.” —*KIRKUS REVIEWS*

“Practical yet deeply affirming, this book supports women in all stages of life. An empowering guide to a happier healthier you!” —*WOMAN’S WORLD MAGAZINE*

IN AN INTERVIEW, LEE CAN SPEAK TO:

- Embracing the three components of eating: spiritual, emotional, and physical.
- Identifying one’s specific nutritional needs and cultivating a positive relationship with food.
- Nourishing one’s mind, body, and spirit throughout the life cycles of womanhood.
- The family dynamics of eating disorders.

Available everywhere books are sold.

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Lee Cotton is available for interviews, features, book events, speaking engagements, and appearances.

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