

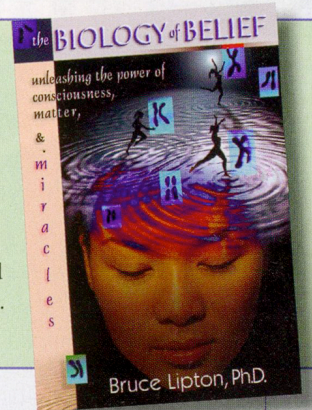


book bag

What are you reading? Asked in Davis, Napa and Vacaville

By Shelly G. Keller

The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles (Mountain of Love, \$25) by Bruce H. Lipton. Marian Zingaro, a Davis chiropractor, recommends this book because it has something for everyone. "I like its universality and the fact that it's science-based," she says. "I also like how positive Lipton is about our future and how we're empowered to change it. As an adoptive mom, this book offered me hope. I truly believe that my child's genetic history is very important, but this book also shows that my role as a mother is just as important." Lipton's research and conclusions stand some traditional biology concepts on their heads. Here is a book that bridges the gap between science and spirit, explaining how consciousness impacts biology. It is a surprisingly easy read for those who want to understand how our cells are affected by our thoughts and perceptions.



The South Beach Diet: The Delicious Doctor-Designed, Foolproof Plan for Fast and Healthy Weight Loss

Talia Yates, business manager for Yates Chiropractic Healthcare in Napa, praises *Law of Attraction* (Devorss & Co, \$14.95) by Michael J. Losier. "I liked it because Losier defines the law