

January 10, 2008

## FREEDOM FROM FOOD

By Irene Jones, Staff Writer

'Freedom from Food' book signing, lecture Jan. 17

Using theories of quantum physics, together with psychologists' findings that one's thinking affects the physical body, local author Patricia Bisch, in her new book, "Freedom from Food," combines lectures and examples to show readers how to take control of their weight and free themselves from negative thoughts about eating.

Bisch will lecture on the subject at a book signing Jan. 17 at 7 p.m. at Borders, 900 State St., Santa Barbara, and again at Paradise Found, 17 E. Anapamu St., Santa Barbara, on Feb. 21, at 7 p.m.

A resident of Summerland, she has spent the past 30 years developing her program to help people gain mastery over their weight. Her book, published by 1st World Publishing of Fairfield, Iowa, was released the first week in January. A compact disc with subliminal music to accompany the sessions described in the book, can be ordered with the book, which is available on Amazon.com, as well as at local bookstores.

Quoting scientists, such as Albert Einstein, and famous physicians, such as Deepak Chopra, Bisch explains her use of the quantum physics theories and gives case histories and testimonials for her program and how it can work to change lives and the way people think about weight.

She challenges readers to follow the steps to "recovery" and "freedom from food."

If readers enjoy self-help books that discuss the power of the mind, how thinking can change one's station in life, and how attitude can shape one's future, they will enjoy Bisch's "Freedom from Food."

She explains the psychological theories of attitude, mind control and quantum physics and how they relate to gaining weight and the physical world.

She takes the reader through a series of steps that helps eliminate negative thoughts about food and self and then reprograms the mind to control the body's reactions to eating and weight gain or loss. She refers to this process as "freedom from food."

Her emphasis is on how thoughts and emotions affect the way the body responds to food.

The book claims that graduates of her program can eat anything they want and still lose weight or maintain the optimum weight for their physique. A medical disclaimer is printed next to the book's title page.

Bisch has a master's degree in marriage and family therapy.

The book has been endorsed by Judith Orloff, M.D.; Barbra De Angelis, Ph.D.; Candace Pert, Ph.D.; and Barbara Marx Hubbard.

For more information, visit her website, [www.patriciabisch.com](http://www.patriciabisch.com).



*Patricia Bisch,  
a resident of Summerland,  
will be the featured author at  
a book signing Jan. 17 at  
Border's Book Store, 900 State  
St., Santa Barbara Courtesy photos*

