



*Ancient Nourishment
For Modern Hungers*

SUSAN LEBEL YOUNG

FOREWORD BY JOHN ROBBINS

Food Fix: Ancient Nourishment for Modern Hungers

Softcover: 978-1-934949-52-8 SRP: 19.95 (Coming March 2013)

Ebook: 978-1-934949-65-8 SRP: 7.99 (Coming March 2013)

Lessons from a Golfer:

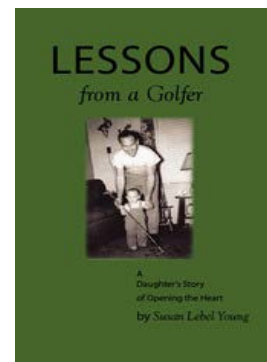
A Daughter's Story of Opening the Heart

Softcover: 978-0-9777614-6-3 SRP: 19.95 (2006)

Ebook: 978-1-934949-68-9 SRP: 7.99 (Coming March 2013)

Bookstores order through Ingram

Ebooks are Available at: amazon.com



What people are saying about *Food Fix*:

Savor this book. Take your time with it. It's the real thing, filled with the kind of wisdom that only comes from the trenches. Sue Young brings a depth of understanding to the complex food issues that entrap and entangle so many of us today. Sue's voice is clear, strong and beautiful and her message is grounded in wisdom. I love this book.

—Linda Anderson Krech, LICSW, ToDo Institute

Food Fix offers an amazingly corrective, functional and heartfelt approach to food, eating and self-care.

—Joseph McLeod, BA, CPT, FMS

This is a courageous book. By sharing her personal journey, Susan inspires hope for a gentle, self-compassionate way out of what she calls Food Frenzy. With each chapter's Antidotes to Food Frenzy, she is right there with her reader, teaching and encouraging from beginning to end of this valuable book. *Food Fix* shows us the importance and healing power of mindfulness.

—Maggie Butler, MSW Writer and Co-Founder, Your Write Mind, P.A.

Food Fix is a beautiful, compassionate, heartfelt book full of precisely the medicine our culture so deeply needs right now.

—Chris Northrup MD, internationally known author and speaker.

***Food Fix* is not a diet book.**

If you are ready to break free from the seduction of unhealthful foods, this is the book for you. Susan Young shares valuable lessons from her journey to overcome dependence on high-fat, sugary foods and gives you the tools you need to take control of your health. Susan will inspire you to nourish yourself.

—Neal Barnard, President, Physicians Committee for Responsible Medicine

Susan Lebel Young MSED, MSC, author of *Lessons From A Golfer: A Daughter's Story of Opening the Heart*, is a perfect guide on your journey toward heartfulness in your food and life. Young is a self-professed junk food junkie who has maintained a fifty pound weight loss and a change of food-frenzy mentality for thirty years using these food fix antidotes. She has Masters degrees in both Education and Counseling. She has studied and taught mindfulness in Maine, South Carolina and at the Center for Mindfulness at the University of Massachusetts Medical School. Young has helped clients in her private psychotherapy practice since 1995 and taught yoga since 2000. She has led mindfulness workshops, taught mindful eating, and taught courses that she developed in mind-body approaches to counseling and spirituality in the counseling process to Master's level counseling students. Young studied plant-based nutrition with *The China Study* author T. Colin Campbell's e-Cornell courses. She writes monthly for the "Reflections" column in the *Portland Press Herald*.

Young is a very proud grandmother, mother of two adult children, and lives with her husband Jon in Falmouth, Maine.



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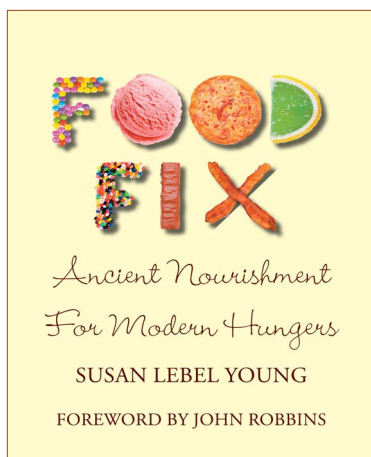
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Falmouth, ME 04105

Website: heartnourishment.com



More Praise for *Food Fix*:

...there is the path that lies before you in this heartfelt offering from Susan Young. It is not a path of more control, but one of more awareness, more consciousness, and more compassion for yourself.

Susan Young is pointing the way, but not to another list of "shoulds." She is pointing the way to a path of awakening and joy. If you listen to your own heart and let her guide you, you may be surprised at what you find.

—John Robbins, Author of *Diet For New America*, *The Food Revolution*, and Co-Founder of the Food Revolution Network foodrevolution.org

This is a wonderful book. *Food Fix* is not another diet book. Rather it is a "life" book. It points to the only place you can really find nourishment and contentment which is in your heart. It's fair to say—food is important, the body needs it to live, but it can never fulfill the longing to be whole and healed. That comes from within you. This is a work of a lifetime, may you fare well in the journey.

—Bob Stahl, Ph.D. co-author of *A Mindfulness-Based Stress Reduction Workbook*, *Living With Your Heart Wide Open*, and *Calming the Rush of Panic*.

Food Fix fills a gap in the resources available to individuals interested in healing their relationship to food. The emphasis on Heartfulness provides a grounding center of kindness and compassion in the process of "getting real with food." Sue befriends the reader by sharing her personal experiences, peppered with cultural references to create a bridge of trust through shared humanity. She takes the reader by the hand and—one chapter at a time—builds a pathway toward self-awareness and access to inner knowing. The blend of ancient teachings and action steps empower the readers to discern real nourishment and find their way home to themselves.

—Julie Gray, R.N.

A book of lessons from a Dad in the language of golf.

Lessons From a Golfer is Sue's story and yet it is universal; the love of a daughter for her Dad; the lessons he taught her. One at a time, or—as he would say—one tee shot, one putt at a time, one hole at time—Sue tells the story of her terror through his open heart surgery and how his spirit kept her going.

Lessons from A Golfer shows how the human heart can open in heart-wrenching circumstances, that it is possible to listen to our hearts and to learn and grow even in situations that can break our hearts. It is for those who love their Dads, for those who love golf and for those who want to learn, in the midst of life's toughest times, to let the heart open.

Duke Ellington said, 'It don't mean a thing if it ain't got that swing.' If this is true, then Ray Lebel means a lot. On the first tee or with a cornet in his hand, he can swing! Ray is a true Renaissance man. Getting to know Ray Lebel in life and through this book redefined for me what a human is capable of.

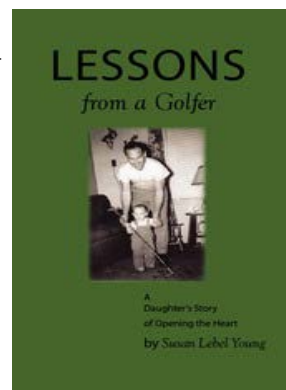
—Tony Boffa, Musician and Golf Enthusiast

...just finished reading *Lessons from a Golfer: A Daughter's Story of Opening the Heart*. Many parts left a lump in my throat. Very soul searching, honest chronology of what families go through when a loved one is ill. Commendations and kudos for sharing this wonderful story.

—Reader

When Maine golf champion Dr. Ray Lebel went into the hospital with heart trouble, his daughter, Susan Lebel Young, worked through the experience by keeping a journal. That journal now forms the core of her new book, *Lessons from a Golfer*. While she trudged through this difficult time, Young found that her father's golf-inspired life strategies, ('keep your eye on your own game,' 'tackle one shot at a time,') gave her hope and the ability to hang in there.

—Review in *Port City Life*



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Give your body what it wants with Real Food Challenge



Pat Harford, left, Nancy Randolph, Tom Ranello, Ann Lebel, Jane Honeck, Susan Lebel Young and Julia Ranello gather in Young's Falmouth kitchen to enjoy a 30 Day Real Food Challenge potluck.

Avery Yale Kamila/Staff Writer



AVERY YALE KAMILA NATURAL FOODIE

Don't obsess. Don't overthink. And, above all, don't judge yourself.

This is just some of the advice Susan Lebel Young is passing on to the participants in her 30 Day Real Food Challenge.

"I wanted to do something that was different than just the next diet," said Young, a retired psychotherapist who teaches mindfulness and yoga. "The common goal is to lean more toward health, vitality and wellness."

Bringing together her personal interest in food with her training in mindfulness-based stress reduction, Young has crafted a program for people who want to eat food in its whole, natural state while becoming more aware of themselves. Those who sign up get a daily email with inspirational and motivational wisdom, access to a peer support group and at least one potluck dinner at Young's Falmouth home.

At a recent potluck dinner, dishes included black bean and sweet potato chili, pumpkin-cashew soup, hummus with cut vegetables, avocado, cucumber and brown rice salad, cut fruit and mandarin oranges.

While the 30 Day Real Food Challenge doesn't espouse a particular eating style, the potlucks have defined food criteria to ensure most people will be able to sample all the dishes. To this end, Young asks that the potluck dishes don't

include animal products or oils, and are as close to a whole food as possible.

"Plant-based eating is ancient," Young said. "The new stuff we're eating is all manufactured."

Young encourages each participant to not only set personal goals (such as lowering cholesterol) but also to state an over-arching intention (such as living longer).

If the participant plans to abstain from a particular food, Young also wants the person to articulate what it is that he

or she will do instead. (For example: Avoid processed sugar and eat more fruit.)

"Everyone will make their own choice that is compassionate to themselves and challenging," Young said.

It's an approach that resonates with people seeking to improve the nutritional quality of their food.

"What I really like about Sue's program is, she's leaving it open for us to decide what we want the program to be," said Jane Honeck of Freeport, who is participating in the current

challenge.

Honeck said she accepts too many dinner invitations where she finds herself faced with nutritionally inferior food choices. Her goal is to learn to say "no" to more invitations.

"I have to say 'no' three times a day before I'll say 'yes' to an indulgence," Honeck said. "If I can say 'no,' that gives me a pause to say, 'I want to do this instead.'"

This sort of self-awareness and intentional action is exactly what the program is designed to foster.

It's an approach that appeals to participant Nancy Randolph of Topsham.

"I don't think we have to do everything perfectly," Randolph said. "We have to just do what we can."

Randolph, who grew up on a farm, has long embraced whole foods cooking. But she's not immune to the siren song of candy and treats.

"My thing I have a problem with is, I love sweets," Randolph said. "I've gone off sweets for months. As long as I don't eat any of it, I'm fine. But

JUMP IN

TAKE THE 30 DAY Real Food Challenge. The next program starts Saturday and runs until Feb. 14. The cost is \$30, and includes daily email with inspiration and nutrition information, phone and email consultations with Susan Lebel Young, plus at least one potluck dinner. To join, email Young at sly313@aol.com.

as soon as I have some, I want more."

Randolph is using the challenge to focus her attention on the number of empty calories in these sweets.

"If I'm willing to walk four miles to have that brownie, then that's OK," Randolph said. "Otherwise, I put it down."

Randolph got involved in the challenge because she is publishing a book Young has written about food. Called "Food Fix: Old Nourishment for New Hungers," the book is due out in the spring, and will be published by Just Write Books.

"I'm a self-identified junk-food junkie, so it's no easier for me than anyone else," Young said of the 30 Day Real Food Challenge.

But she's careful not to judge herself should she indulge in something other than whole food.

"In mindfulness, there is no right or wrong," Young said. "It's not about being good. It's about asking, 'What does the body really want?' Not the mind, not the ego and not the marketers."

The answer, more often than not, is real food.

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Book Club

Around the Book Group Table



Books on my table

By Lola Furber

I love the holidays. There are songs that you must sing, if the days are to stop getting shorter, and go back to light. There are foods that must be eaten with your people in order to have enough food to make it until next summer.

And as always, at my house there are books that must be read if you are to outlast the retail season.

For everyone with a bah-humbug heart, may I please recommend *The Best Christmas Pageant Ever* by Marilyn Robinson? If the Herdmans live in your neighborhood, then I am sorry about your property values, but I think that they have something valuable to teach us about the true meaning of the season. I laughed out loud all the way through my first reading of the book, and in the following years, it has revived my flagging spirit more than once. Angels do come in high-top sneakers, and they are just as likely to yell: “Hey, you!!” as to sing the Alleluia Chorus. Trust me. Read this book.

For gifts for others, follow your hearts, and follow some incredible Maine women authors.

For your sister, or the woman next door, or the woman in your book group who always brightens your week, try *Any Bitter Thing*, by Monica Wood. (It’s anything but bitter.) A Portland author, Wood has written a story that works on as many levels as an onion has layers. On the outside, it is a story of a woman recovering after a hit-and-run accident. It is also an acknowledgement of the prayers that get us through the day. It is also a meditation on forgiveness, of both others, but more importantly, ourselves.

The English Teacher by Yarmouth resident Lily King is another winner. Vida Avery is the kind of English teacher that some of us were lucky enough to have, and this book is the story of her real life away from the classroom. It is a story of secrets, of the power that secrets hold. It is a story about what home really is. It is not often that I agree with *People* magazine on life, but this book was their Critic’s Choice award. They were right.

For the sports fan on your list, *Lessons from a Golfer* by Susan Lebel Young is a must. Ray Lebel taught golf to many Mainers. But this book chronicles the lessons that he taught his daughter Susan, a Falmouth, Maine resident. She wrote this book as a tribute to the many hours of conversation, the pages of her journals entries, and the poetry that resulted from Ray’s experience with heart disease and a seven-way bypass surgery. The lessons are told through golf, but would work for any sport, for any daughter.

If your special someone requires non-fiction, how about *The Packaging of Girlhood: Rescuing Our Daughters from Market’s Schemes*, by Sharon Lamb, and Lyn Mikel Brown. Lamb is a professor at St. Michael’s College in Vermont, and Brown teaches at Colby College in Waterville. Both women envision something more for the girls who are under siege from popular media images than to be able to shop and to attract boys. Music, fashion, television have not portrayed the kind of childhood that I want for my nieces and goddaughters; I want more options for them. This book was a real eye-opener for me; it forced me to look at issues that I had ignored before reading it. I am hoping that when it comes out in paperback, it will be a choice for every book group in the country.

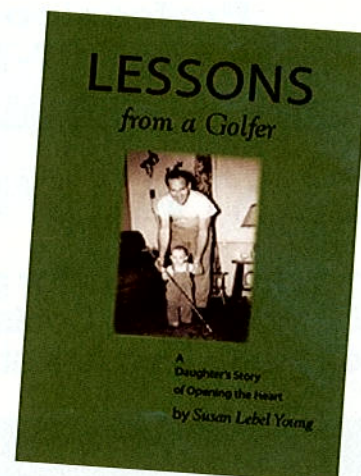
Loretta Krupinski thought gardening in Connecticut presented challenges. Then she moved to Maine. The upside of that challenge is *A Maine Artist’s Garden Journal*. It’s partly a gardening tips book, and partly an art book and partly a cup of tea with a friend, but it’s a total delight. I have been tempted to cut pages out of the book to pin on my walls, but haven’t succumbed yet. Her two cats appear throughout the book and her gardens, and luckily for the birds are as slow and sluggish as my cat.

And finally, may I remind you to select a book for that person at the top of your list? That would be yourself.

The reason why you must get a book for yourself is that only you know which book will make your soul sing. Feed that song. I have cheated and already purchased mine—it’s a photographic travelogue, a trip that I can vicariously enjoy minus the sand-fleas. You should treat yourself from time to time.

Enjoy the books, and the season. 📖

Lola Furber lives in Topsham and works at Books Etc. in Falmouth. Some of her best hours are spent in discussion of great books.



LESSONS

from a golfer

BY SUSAN LABEL YOUNG

RAY LABEL, D51, A NOTED ORAL SURGEON, HAS WON THE MAINE STATE AMATEUR GOLF tournament six times, holding the national record for the most club wins. But as those closest to him would agree, his greatness goes far beyond the golf course. This piece, adapted from *Lessons from a Golfer*, in which Susan Label Young, the oldest of his seven children, chronicles his recovery from heart surgery, shows just how far.

As I approached the entrance to Dad's room, I spotted a nurse next to him. Was her name badge hard to read, or was I not seeing straight? Squinting, I could barely make it out, with its tiny black letters under shiny clear plastic, backed in bright white. Was it Margaret, or Maggie, or, perhaps, Mary? I'll call her Mary. It appeared to me that Mary was rough with Dad, throwing his body from one side to the other. I wanted to shout, "Hey watch it there, Mary, what do you think you're doing? Be careful, he's just had open-heart surgery, you know."

I went on watching, and finally Mary spotted me. She spouted, "Ya?"

Again, I boiled. I imagined telling her, "What do you mean, 'ya?' I'm here to see how my father's doing. I want you to tell me what kind of night he had, MARY! I want to know if he's still on the critical list. What do you mean, 'ya?'"

And then I remembered that this very man—whose life I was here to honor—had taught me a lesson or two. Dad had taught me about respect. He had said, "You know, you have to value your opponent. You don't really play against your rival anyway. You play the course; the course is your competitor. So you have to stay focused on what's right and not get thrown off. Any other contender can hit a great shot or a terrible shot, can be talking to you or swearing, can even be throwing clubs; none of it matters. What matters is that you get your own job done, and you do what's best."

The course of Dad's recovery, or perhaps my own present mind state, was the challenger, not Mary. Mary was just another player. We were playing equivalent courses, and as I could tell from a quick scan of the Special Care Unit, with its patients hovering on the edge of life, hers was difficult, too.

So I approached her. "I just want to tell you how hard I see you're working here," I said. "I see how you care for people, and I want you to know that my family really appreciates all the attention you're giving my dad."

Mary smiled for the first time. She replied, "Gee thanks. Let's go see how he's doing."

Then, as if affirming our common goal, she glanced at the monitors, checked his vital signs, picked up the catheter bag, read levels on saline solutions, and plumped his pillow.

• • •

Dad's inner strength and his regard for people remind me of an old story about human personality:

In trying to convey the concept of true nature, a teacher asked his young student, "What do you get when you squeeze an orange?"

"Orange juice" was the quizzical reply.

"Right. What if a kind mother squeezes the orange—what will come out?"

"Orange juice."

"Right. What if an angry father squeezes the orange—do you still get orange juice?"

"Yes, orange juice."

"Right. Now what do you get when you squeeze a lemon?"

"Lemon juice?"

"Yes. So if you squeeze an orange will you ever get lemon juice?"

"No," replied the youngster.

"If you squeeze a lemon will you ever get orange juice?"

"No." The game was becoming exasperating. "If you squeeze a lemon, you'll get lemon. If you squeeze an orange, you'll get orange. Period!"

"So it is with our true nature," the teacher explained. "People are who they are, whether they are being squeezed by stress and misfortune or whether life is going along easily and pleasantly. We often try to blame the situation or another person for our reactions, but when people get squeezed, who they really are comes to the surface. Especially under pressure, our inner essence arises."

• • •

That's how it was with Dad. Challenged by seven-way coronary bypass surgery, he considered the needs of others. Plagued with a loud roommate, he was kind. His most fundamental human impulse was an open heart. When circumstances squeezed Ray Label, what emerged was Ray Label.

And Dad's essence had not been lost on his children. Because he had touched us, we then could touch our own children, as well as coworkers, friends, strangers in the grocery store. We could even touch Mary. TDM

Editor's note: Lessons from a Golfer is available from Just Write Books, 47 Main Street #3, Topsham, Maine 04086. For more information, go to www.jstwrite.com. Dr. Label loves to hear from his Tufts Dental classmates. He can be reached at rlabel1@maine.rr.com.

Falmouth writer honors father's lessons with book

Topsham publisher hurries to get ready for Father's Day

By Seth Koenig

FALMOUTH — The first words in Susan Lebel Young's forthcoming book are "Dads are not supposed to get sick."

But there she was, on Father's Day seven years ago, sitting in Maine Medi-

cal Center with her locally legendary father, Ray Lebel, getting buried under a landslide of bad news.

"Every time we got an update from doctors it was a little worse than before," recalls Young of that day.

Lebel was finally diagnosed with a severe coronary artery disease, and the decorated World War II pilot and champion amateur golfer's family began counting his days.

"There was a point when I literally gave up hope," said Young, whose book "Lessons from a Golfer: a Daughter's Story of Opening the Heart" is expected to be on shelves of Books Etc. and the Portland Country Club next week.

At some of the lowest points of his illness, the family patriarch did what he spent his life doing — adding a touch of perspective to the ordeal.

Lebel, like he was giving his kids the finer points of golf, reminded them that there were still causes for optimism.

Even a ball in the rough, he always said, could help give a golfer humility and renewed focus — a silver lining that could straighten out the next nine or ten holes. At Maine Med, he pointed out, the former oral surgeon was in some of the best

hands in the country and he was with a family that loved him in what could be his final days.

To the surprise of nearly everyone, Lebel pulled out and survived that hospital stay, but the brush with mortality has shone a light on another life lesson.

Live with what is. Don't get ahead of yourself. Appreciate the moment.

"If you're standing to hit a ball," said Young, a Falmouth resident, using one of her father's analogies, "you can't think about the ball you just missed and you don't think about your next putt. You've got to follow through with that drive, accepting the present moment as it is."

His calming ability to put everything in perspective gave Lebel a national record 47 club championships, a mention in

Sports Illustrated and the distinguished Flying Cross for his war efforts. Perhaps more importantly, though, that perspective gave his children some comfort when things looked bleakest.

"The lessons came through him and



Susan Lebel Young



through the game of golf, but the lessons are bigger than that," said Young, the oldest of seven children. "People come and go, records come and go, but the lessons are always there."

Now, with the arrival of the seventh Father's Day since Young was forced to come to terms with "the truth of mortality and the truth of impermanence," the author hopes her first book helps others remember what really matters.

"It's a simple story about a man and a family," she said. "He reminds me again and again that the book is not about him, though. It's about the lessons of life."

Those lessons might not be in book form without the attention of Topsham's Nancy Randolph and her publishing company, Just Write Books.

"Nancy Randolph is really supportive of Maine writers and really getting behind what they want to do," Young said. "It was really a delightful process with someone that really got it."

Randolph and Young have worked to get the book on shelves in time for Father's Day. On June 16 at 6:30 p.m., Young will have a book signing at Books Etc. in Falmouth and on June 18, she will be signing copies of the book at the Parent-Child Tournament at the Portland Country Club.

Seth Koenig can be reached at 373-9060 ext. 125 or at skoenig@theforecaster.net.