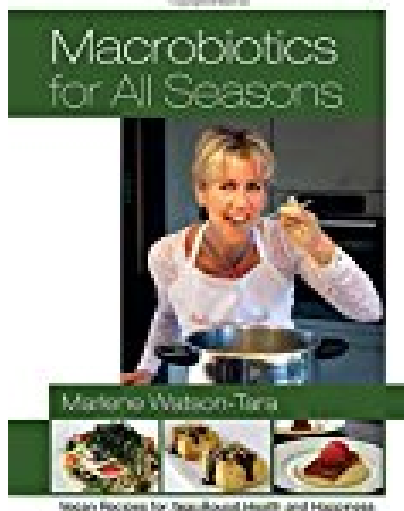


# Macrobiotics for All Seasons Vegan Recipes for Year-Round Health and Happiness

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## BOOK DETAILS

- Author : Marlene Watson-Tara
- Pages : 256 Pages
- Publisher : North Atlantic Books
- Language : English
- ISBN : 158394558X



## BOOK SYNOPSIS

"In Macrobiotics for All Seasons, the unique and modern approach to macrobiotic eating--which explores the philosophy of the five elements and Chinese medicine and explains the health benefits of eating a diet that changes with the seasons--is shared"--

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