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THE JOYFUL COOKBOOK
Winter
eat whole. eat well.
Julien Elizabeth

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English. Brand new Book. Winter is ruled by the water element; it is the time to rest, reflect and vision. This season, we find balance when we withdraw and focus energy inward. As we glance out at the world surrounding us, we see examples of this withdrawal everywhere: the skies become darker, trees live without their lushness, green growth comes to a halt and animals slow down or hibernate....

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- Authored by Julien Elizabeth
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