

COOK YOUR WAY TO THE LIFE YOU WANT

Christina Pirello, Emmy-winning TV chef and author of Cooking the Whole Foods Way, shares the secrets of total nutrition for the mind, body, and spirit. In her groundbreaking volume, Cooking the Whole Foods Way, Christina Pirello took the mystery out of preparing whole foods and showed how to develop a happier, healthier attitude towards eating. Now, she has devised a revolutionary approach to health featuring recipes, regimens, and home remedies with specific results in mind. Cook Your Way to the Life You Want is designed...



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Cook Your Way to the Life You Want

Author	Christina Pirello
Original Book Format	Hardcover
Number of Pages	320 pages
Filetype	PDF / ePUB / Mobi (Kindle)
Filesize	7.81 MB

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Reader's Opinions

Sometimes the libraries get rid of most helpful books. This was one was in my favor. She really focuses on the energy in our food and the energy it produces in us. She is a macrobiotic disciple and there is much of that here. The recipes are simple but great.