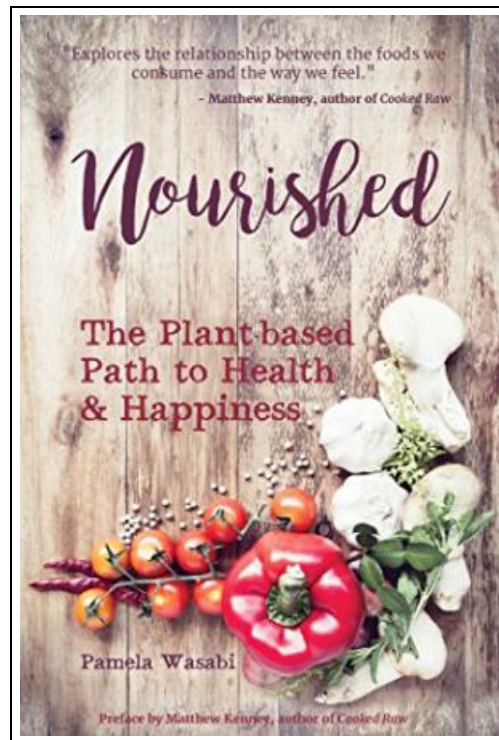


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NOURISHED: THE PLANT-BASED PATH TO HEALTH AND HAPPINESS (PAPERBACK)



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Mango Media, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. How can a plant-based diet impact my life? Plant-Based living is a lifestyle: It awakens your awareness to understanding that every choice you make has a greater impact. It's a choice that can transcend the collective mind with the idea of respecting every form of life. Are you ready for the benefits of an eating clean diet? Are you seeking a happy, health-filled life? Welcome to nourishment through plant based eating: *Nourished*, the debut book by plant-based chef and holistic nutrition expert Pamela Wasabi, invites you to discover a new love for and understanding of your body, and the importance of nourishment through plant based eating. Pamela shows readers how learning to cook helped her overcome medical challenges and put her on the path to health through clean eating diet recipes and plant based nutrition. Nourishment for the body and nourishment for the spirit: This eat-clean diet book is a delicious trip through the plant based eating experience from start to finish. The book is organized to mirror the life-cycle of a plant, from when the seed is sewn to when the flower blooms. Using this delightful convention for her eat-clean diet book, Wasabi prescribes what it takes for true body nourishment, and nourishment of the mind and spirit. Life-enhancing insights that you will gain from reading *Nourished* include: How to invite nourishment into your life to relax How to find peace within and let go of strict forms of dieting, perfection, and restrictions Understand that every symptom or food issue we deal with is an invitation to get to know ourselves better Inspiration to be softer, more loving, and have unconditional acceptance for who we are An appreciation for the joys of a plant...



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