



The Book of Macrobiotics: The Universal Way of Health, Happiness & Peace

Michio Kushi

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The Book of Macrobiotics is a passport to a world of infinite understanding and adventure. It has been read, reread, studied, and treasured by hundreds of thousands of people who seek a clear, comprehensive approach to the problem of living in a world of endless change.

Now after two decades, *The Book of Macrobiotics* has been completely revised and expanded to reflect refinements in Michio Kushi's teachings, as well as many developments in the modern practice of macrobiotics. During this time, the standard macrobiotic diet has been simplified and broadened. Macrobiotic approaches to cancer, heart disease, and other degenerative disorders have evolved and expanded, as have basic home care and lifestyle recommendations.

This revised edition of *The Book of Macrobiotics* also includes a new chapter on the Spiritual World; new material on Yin and Yang and the Five Transformations, Man/Woman Relations, and Humanity's Origin and Destiny; and an annotated East West Reading List. Many new illustrations have been furnished, and the Food Composition tables have been expanded to include nutritional information on dozens of additional foods, including tempeh, seitan, rice cakes, and amazake. Here, for a new generation, is a beautifully revised and updated version of a macrobiotic classic.

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This The Book of Macrobiotics: The Universal Way of Health, Happiness & Peace book is absolutely not ordinary book, you have after that it the world is in your hands. The benefit you will get by reading this book will be information inside this e-book incredible fresh, you will get data which is getting deeper you actually read a lot of information you will get. This particular The Book of Macrobiotics: The Universal Way of Health, Happiness & Peace without we realize teach the one who reading it become critical in pondering and analyzing. Don't always be worry The Book of Macrobiotics: The Universal Way of Health, Happiness & Peace can bring once you are and not make your tote space or bookshelves' come to be full because you can have it within your lovely laptop even cellphone. This The Book of Macrobiotics: The Universal Way of Health, Happiness & Peace having excellent arrangement in word and layout, so you will not sense uninterested in reading.

Olga Andres:

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