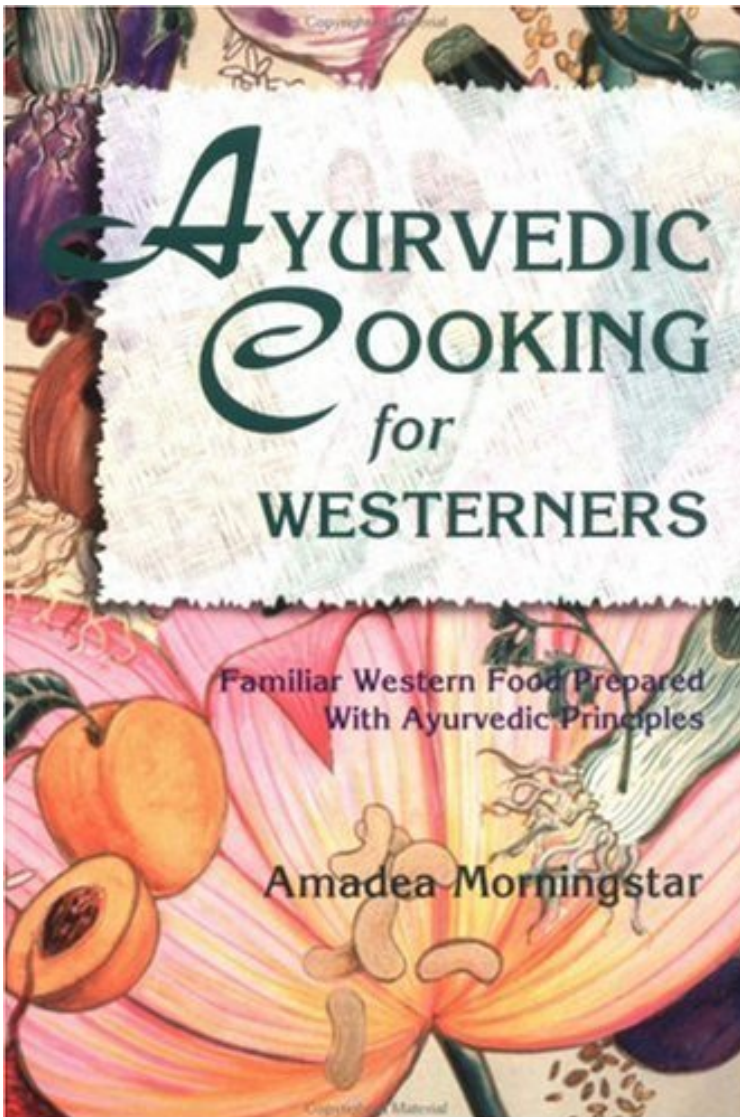


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# Ayurvedic Cooking for Westerners: Familiar Western Food Prepared with Ayurvedic Principles



*Par Amadea Morningstar*  
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Présentation de l'auteur Amadea Morningstar, co-auteur de la best-selling Ayurvedic Cookbook, received many requests for Western recipes that utilized Ayurvedic principles. Well, here it is! This is a "one of a kind" book that is sure to be a strong bestseller and represents a dramatic enhancement for people who want to practice Ayurvedic health practices in the West. Présentation de l'auteur Amadea Morningstar, co-auteur de la best-selling Ayurvedic Cookbook, received many requests for Western recipes that utilized Ayurvedic

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