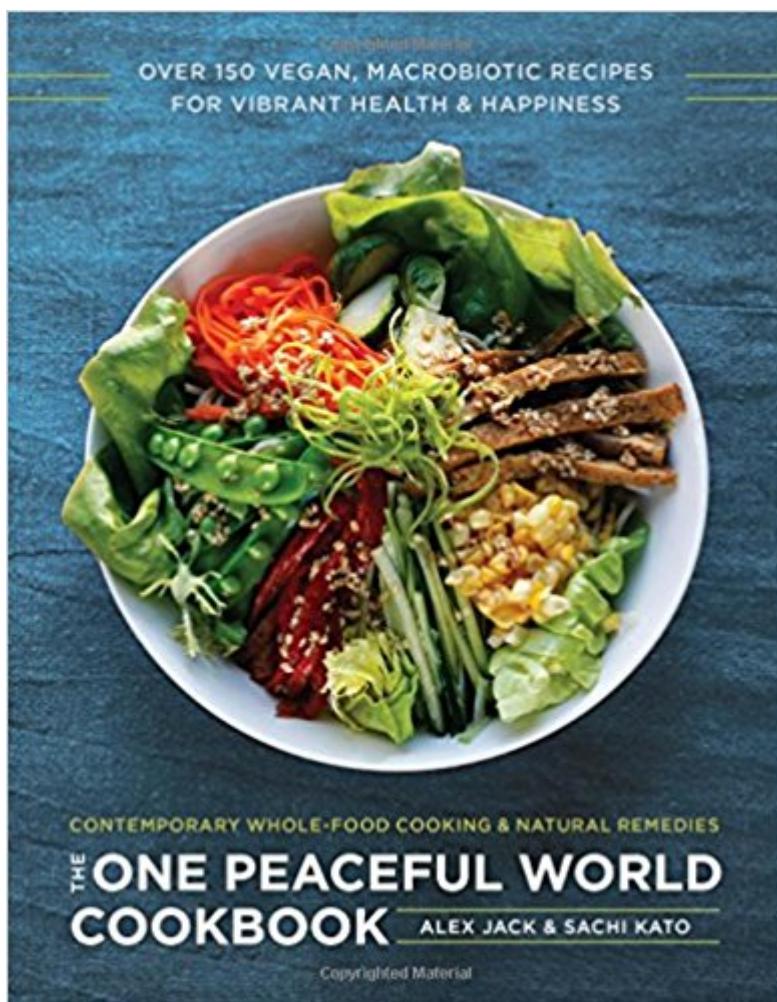


The book was found

The One Peaceful World Cookbook: Over 150 Vegan, Macrobiotic Recipes For Vibrant Health And Happiness



Synopsis

Eating a balanced, plant-based diet is not only the best choice for your health and the planet—these foods are also essential for your mental and emotional well-being. Marrying traditional wisdom and modern scientific and medical research, a vegan macrobiotic approach recognizes the profound effects food, environment, activities, and attitude can have on your physical and emotional health. Drawing upon traditional and contemporary cuisines from around the globe, The One Peaceful World Cookbook: Over 150 Vegan, Macrobiotic Recipes for Vibrant Health and Happiness shows you how to prepare delicious, satisfying meals that nourish your body and mind. Based on the authors' decades-long experience as teachers, dietary counselors, and chefs, on scientific and medical studies documenting the health benefits of a vegan macrobiotic way of eating, and on other cutting-edge research on health, vitality, and fitness, this book features 150-plus easy-to-follow recipes, including: Roasted Beet Salad with Orange Mustard Dressing Vegetable Paella Tofu Lasagna with Carrot Marinara Sauce Pad Thai with Tempeh Mochi Waffles with Lemon Syrup Tiramisu with Cashew Cream These gourmet recipes, both savory and sweet, are designed for an on-the-go lifestyle and will both nourish and delight you. The One Peaceful World Cookbook empowers you with the tools and recipes you need on your path to optimal health and well-being.

Book Information

Paperback: 350 pages

Publisher: BenBella Books (August 29, 2017)

Language: English

ISBN-10: 1944648240

ISBN-13: 978-1944648244

Product Dimensions: 6.9 x 0.7 x 8.9 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #34,122 in Books (See Top 100 in Books) #49 in Books > Cookbooks, Food & Wine > Asian Cooking #150 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan #355 in Books > Cookbooks, Food & Wine > Regional & International

Customer Reviews

“For many years I was very fortunate to have Sachi assist me in my cooking classes and

dinner/lecture events in Los Angeles. I could always count on her dishes to be delicious and beautifully presented every time. This book is a must-have in any health-conscious person's kitchen! Warren Kramer, macrobiotic counselor, lecturer, and cooking teacher "Inspired by Michio Kushi's vision of a world at peace, Alex Jack and Sachi Kato offer old macrobiotic favorites with intriguing twists alongside sparkling new creations all with a keen attention to twenty-first-century issues and a comprehensive vision to guide both beginning journeyer and well-versed traveler on their culinary journey." Catherine L. Albanese, J.F. Rowny Professor Emerita in comparative religions and research professor at the University of California, Santa Barbara, and Level IV Graduate of the Kushi Institute "The synergistic literary works of Alex Jack and the uniquely talented photos and creative recipes of Sachi Kato bring a treasure that is sure to inspire and reawaken our memory that we are what we eat. The pages sizzle with creative energy. Anyone interested in their health and the health of this planet will find this masterpiece a keeper." Sheri-Lynn DeMaris M.Ed., macrobiotic cooking teacher and author of Macro Magic for Kids and Parents "Alex Jack and Sachi Kato have produced a wonderful book that is a pleasure for both the mind and the eye. Building on the foundation of macrobiotic nutrition and cooking, they offer a completely modern update with presentation of useful and practical information for creating a healthy diet and way of life. I highly recommend this book for any kitchen or library." Bill Tara, MACR Vegan Center, Ireland "Alex Jack and Sachi Kato will inspire you with their immense knowledge on how to live life to the full. Through their knowledge and passion for health, nutrition and life-philosophy, you will be able to gather the tools to allow you to steer in a new and positive direction. A beautiful book that's a must for every household." Marlene Watson-Tara, macrobiotic teacher and author .

Alex Jack, a macrobiotic teacher and counselor, is executive director of Kushi Institute and founder and president of Amberwaves, a grassroots network devoted to promoting whole grains and other natural foods. He is the co-author with Aveline Kushi of Aveline Kushi's Complete Guide to Macrobiotic Cooking (Time-Warner, 1985), the world's bestselling macrobiotic cookbook. He has also written many popular books with educator Michio Kushi, including The Cancer Prevention Diet (St. Martin's, 1983, 1991, 2009), M> (St. Martin's, 1985), The Macrobiotic Path to Total Health (Ballantine, 2003), and The Book of Macrobiotics (Square One, 2013). He also wrote The Mozart Effect: Tapping the Power of Music to Heal the Body, Strengthen

the Mind, and Unlock the Creative Spirit for Don Campbell (Avon, 1997). Based in the Berkshires, he is a senior teacher and counselor at Kushi Institute and serves on the guest faculty of the Kushi Institute of Europe and Rosas Dance Company in Brussels. Sachi Kato is an accomplished macrobiotic chef, cooking teacher, and dietary counselor. She is also a photographer specializing in food, portraiture, and still life. With a focus on fine art photography and inspired by Pictorialism, her work melds a soft and expressive atmosphere with painterly sentiments. She uses a subtle color palette, which stems from a deep appreciation of her native Japanese arts and culture. Her most recent exhibit Tranquility was presented at the Bolivar CafÃfÂ© and Gallery in Santa Monica. Sachi serves as a head chef and cooking teacher at Kushi Institute. She also teaches in New York City, San Francisco, and other major cities, as well as in Japan and Europe.

This is a great cookbook. How could it not be? Since it was written by the wonderful Alex Jack, who I have had the privilege to study under. And by Sachi Kato who I would hope to meet and learn from in person. So if you are macro, vegan, vegetarian, paleo or even a carnivore you will find something that tastes great and will help make the world a more peaceful place.

[Download to continue reading...](#)

The One Peaceful World Cookbook: Over 150 Vegan, Macrobiotic Recipes for Vibrant Health and Happiness Ethnic Vegan Box Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein Vegan Recipes and Vegan Nutrition) Vegan: The Ultimate Vegan Cookbook for Beginners - Easily Get Started With Over 70 Mouth-Watering Vegan Recipes (Vegan Recipes for Beginners, Vegan Diet for Beginners, Vegan Cookbook for Beginners) Vegan Protein Smoothies: Superfood Vegan Smoothie Recipes for Vibrant Health, Muscle Building & Optimal Nutrition (Vegan Cookbooks, Vegan Smoothies, Vegan Smoothie Recipes) (Volume 1) Vegan Cookbook for Beginners: Top 500 Absolutely Delicious, Guilt-Free, Easy Vegan Recipes-The Ultimate Vegan Cookbook Chock-Full of Recipes(Vegan Cookbooks for beginners, Vegan Diet,Weight loss,Vegan Vegan Instant Pot Cookbook - Healthy and Easy Vegan Pressure Cooker Recipes for Everyday Cooking: (Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook) Vegan: 100 Delicious Recipes For The Beginner Vegan Vegan Diet (vegan diet,vegan cookbook,vegan smooties) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) VEGAN: 30 Days of Vegan Recipes and Meal Plans to Increase Your Health and Energy (Healthy Eating, Vegan Recipes, Vegan Cookbook, Gluten Free, Low Carb,

Vegan Diet, Healthy Weight Loss Book 1) The Ultimate Vegan Instant Pot Cookbook: Tasty & Healthy Vegan Instant Pot Recipes for Everyone (Vegan Instant Pot Recipes Cookbook, Vegan Instant Pot Cooking, Vegan Instant Pot for Two) Vegan for Everybody: Vegan Instant Pot Cookbook: Plant Based Vegan Diet of Delicious, Healthy Instant Pot Vegan Recipes for Every Occasion to ensure Weight ... Plant-Based Vegan Cookbook for Beginners 1) Vegan: 365 Days of Vegan Recipes (Everyday Vegan Vegan Recipes Vegan Cookbook) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes) One-Pot Vegan Cookbook: Family-Friendly Salad, Soup, Casserole, Slow Cooker and Skillet Recipes for Busy People on a Budget (Vegan, Vegan Cookbook, Vegan Recipes) Vegan Instant Pot Cookbook: 60 Amazing Instant Pot Recipes for Everyday Cooking (Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) Cheap Vegan: Learn How To Cook Amazing Low-Budget Vegan Recipes That Only Cost A Few \$\$\$ A Day (vegan recipes in 30 minutes) (vegan recipes cookbook Book 1) The Vegan Power: Why Going Vegan Will Save Your Life (Vegan diet, Veganism, Healthy Eating, Vegan Diet For beginners, Clean Eating, Weight Loss, Vegan Cookbook) Mug Cake: The Ultimate Vegan Mug Cake Cookbook: Quick, Easy and 100% Vegan (mug recipes, vegan cookbook, dairy free) (Love Vegan Book 7) Dessert Vegan Box Set 2 in 1: 150+ Ice Cream Vegan and Chocolate Plant-Based Vegan Recipes that are Dairy Free for Easy Rapid Weight Loss for Beginners ... crockpot and cast iron; vegan bodybuilding)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)