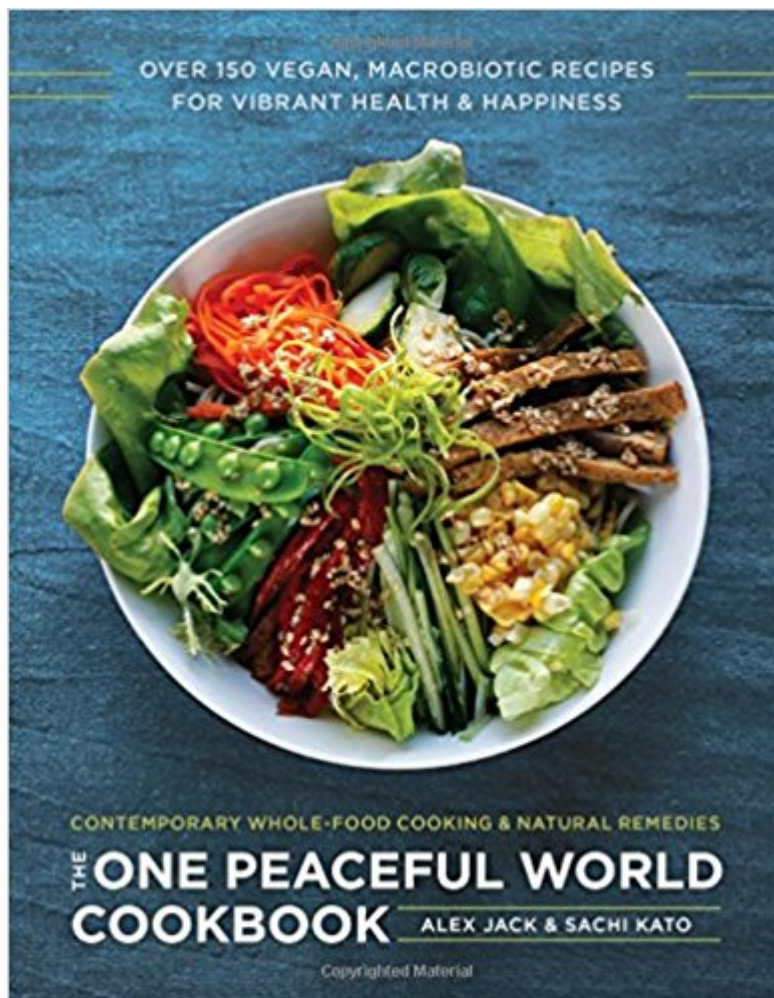




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# The One Peaceful World Cookbook: Over 150 Vegan, Macrobiotic Recipes For Vibrant Health And Happiness



## 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

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## 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, MACRVegan 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 is 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 Caf   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.

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