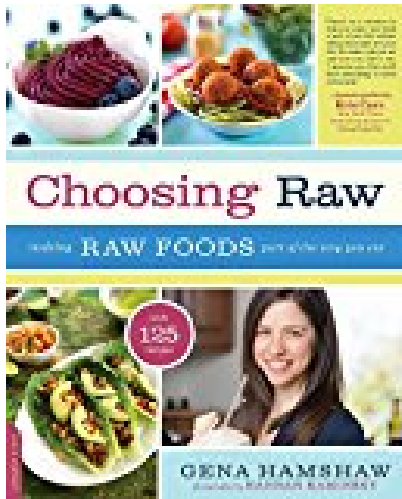


# Choosing Raw Making Raw Foods Part of the Way You Eat



## BOOK DETAILS

- Author : Gena Hamshaw
- Pages : 288 Pages
- Publisher : Da Capo Lifelong Books
- Language : English
- ISBN : 0738216879



## BOOK SYNOPSIS

An accessible plan for anyone transitioning to a healthy, plant-based diet that highlights delicious, easy vegan and raw recipes.

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