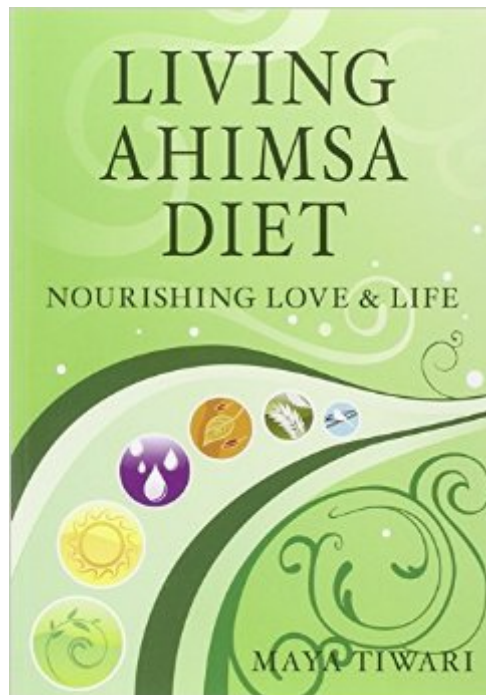


The book was found

Living Ahimsa Diet: Nourishing Love & Life



Synopsis

This book is laden with wholesome seasonal practices, recipes, and guidelines for the whole family to live in harmony and love, without fear in the thick and thin of life. Following these guidelines, you're bound to recover your joy in preparing, sharing, and imbibing your meals with whole-hearted ease. Learning to eat and live in blissful harmony with seasonal, solar, and lunar cycles will reconnect you to your true nature of fullness.

Book Information

Paperback: 424 pages

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (4 customer reviews)

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Customer Reviews

"Living Ahimsa Diet" is a rare comprehensive summary of how our food, the seasons and Vedic traditions all form a triumvirate to celebrate life, to heal us and to imbibe living a life of non-harming the self, others and the planet. It provides us with a template of living a life of harmony and teaches us how to recreate it and share it with every morsel we eat, every thought we engage in and how we choose our actions. The recipes for eating with the seasons are delicious and easy to make. Finally, "Living Ahimsa Diet", offers an excellent guide for fasting and semi-fasting that renders thoughtful direction for cleansing and lightening the body, mind and spirit.

The only problem I have with this book is lack of editing. There seems to be a number of exclusions ie; illustration to follow and then there was no illustration and some typos. Also the date or times attributed to different seasons are listed differently throughout the book.

Good book for the serious student or yogi. The food is good, not terribly simple but follows the Ayurvedic principles and has lots of good information.

The detail in the book shows how much research and study the author has put into it. It also reflects her beliefs in a powerful way to show how she lives them each day.

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