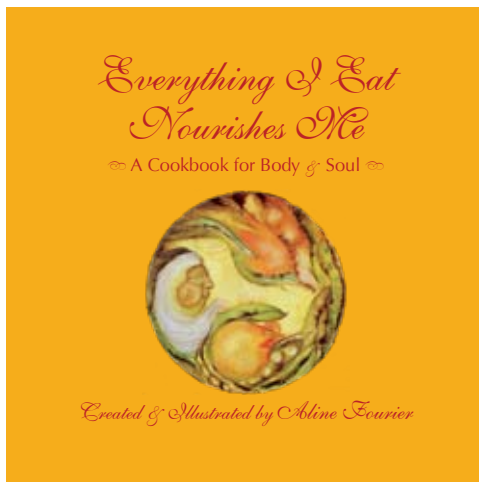


Everything I Eat Nourishes Me
A Cookbook for Body & Soul

Created & Illustrated by Aline Fourier

"An adventure in cooking, eating, and personal empowerment, *Everything I Eat Nourishes Me* presents a unique collection of recipes and stories from the eclectic kitchen. The book's underlying premise that thoughts, feelings and personal memories associated with the dishes we create and eat are ingested with the food itself, expands the definition of "nourishment" from nutrition to sustenance. This encourages us to depart from what is trendy and politically correct advice about food and allows curiosity, joy, pleasurable memories and loving thoughts guide our food choices. *Everything I Eat Nourishes Me* combines all of the above into an artistic whole that recalls the culinary customs of our ancestors worldwide, empowers readers to take charge of their nourishment, and offers a balanced approach to a future of good health."



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