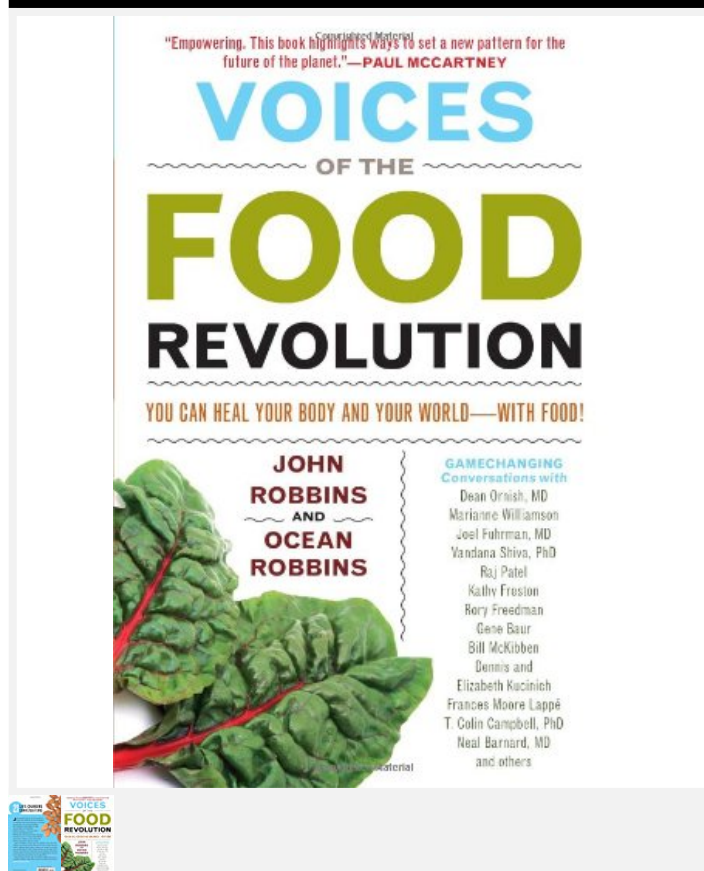

Best PDF Voices Of The Food Revolution: You Can Heal Your Body and Your World with Food! - Read Online



Book detail

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- isbn : 1573246247



Book Synopsis

Over the course of nine days in the spring of 2012, John and Ocean Robbins gathered together leading insights from some of the world's brilliant scientists, doctors and nutritionists. They conducted more than twenty galvanising and deeply informative interviews, broadcast worldwide at The Food Revolution Summit. VOICES OF THE FOOD REVOLUTION collects these interviews making them available in book form for the first time. This inspiring collection includes passionate conversations with the leading voices of the food politics today: * Dean Ornish * Rory Freedman (Skinny Bitch) * Frances Moore Lappe * Kathy Freston * Neal Barnard * T. Colin Campbell * Caldwell Esselstyn * Gene Baur Each of these brilliant and committed souls has her or his own unique perspective on the food revolution. Together they make one rallying cry: for a healthy, sustainable, humane and delicious revolution in what we choose as food. Here 23 voices speak as one. Their unity of purpose shines through in these brilliant, incisive conversations. Their work may have started a revolution. "Empowering. This book highlights ways to set a new pattern for the future of the planet." -- Paul McCartney "If optimal health ranks high on your life's priority list, then Voices of the Food Revolution may be one of the most important books you will ever read. You will thank yourself as you enjoy the blessings of food in ways you never thought possible." - Rev. Michael Bernard Beckwith, author of Life Visioning

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