



Embracing You: A Self Care Guide Vegan & Vegetarian (WHOLENESS LIFESTYLE COOKING) (Volume 2)

Tanya E Hanna

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**Embracing You: A Self Care Guide Vegan & Vegetarian (WHOLENESS LIFESTYLE COOKING)
(Volume 2)** Tanya E Hanna

(3rd. Edition) Embracing You is a cook book that helps you create a well balanced lifestyle. It focuses on healthy eating habits with super recipes that taste great and a bonus chapter on essential oils.

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