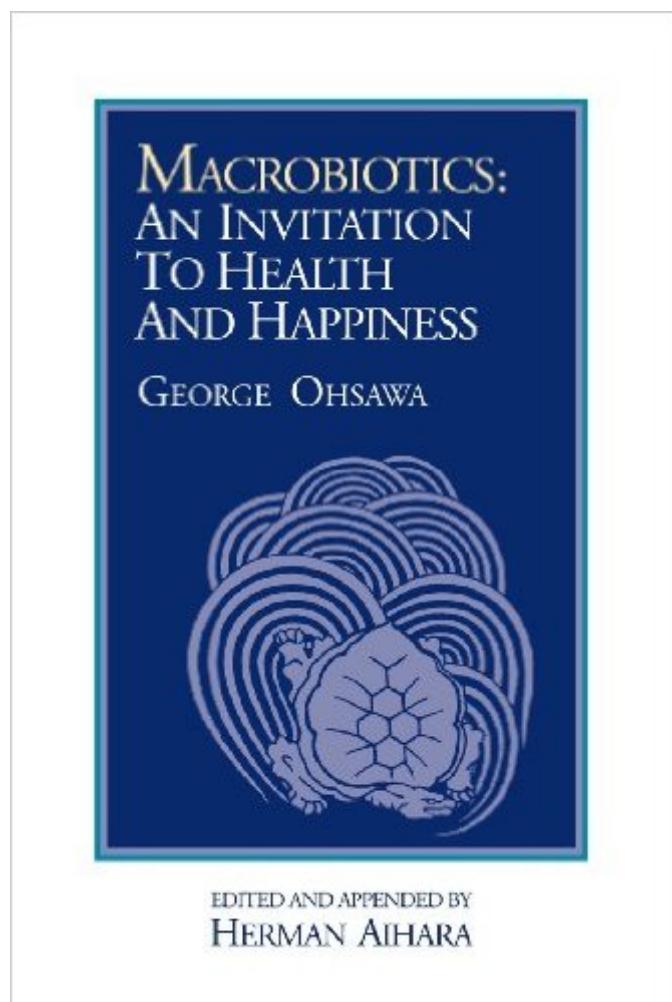


The book was found

# Macrobiotics: An Invitation To Health And Happiness



## Synopsis

Introductory book on macrobiotics, including philosophy, getting started, and recipes. This book is for people whose aim is to create health and happiness for themselves.

## Book Information

Paperback: 92 pages

Publisher: George Ohsawa Macrobiotic Foundation; 5th printing edition (September 1978)

Language: English

ISBN-10: 0918860024

ISBN-13: 978-0918860026

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 6.7 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 starsÂ  See all reviewsÂ (4 customer reviews)

Best Sellers Rank: #454,789 in Books (See Top 100 in Books) #90 inÂ Books > Health, Fitness & Dieting > Nutrition > Macrobiotics #86192 inÂ Books > Textbooks

## Customer Reviews

I came to know about existence of Macrobiotics diet from a Japanese friend of mine who said it is very close to vegetarian diet. I was curious to know whether I can learn anything new in nutrition from Macrobiotics, so I ordered this book written by the Japanese man who coined the term Macrobiotics & started this movement. Before ordering the book I read few pages from this book which are offered by for preview on "What is happiness". These are the only interesting pages in this book, where author compares definitions of happiness by some renowned philosophers & theologists. At the end he offers his own definition of happiness which left me puzzled why after studying history of defining happiness so well, he provided such a superficial, controversial definition of happiness? You can check it for yourself before buying the book. Nevertheless I ordered the book. Rest of the book is about promising you a happy, meaningful, long-lasting life, promising that you will become honest, loving, will have great memory etc by just adopting Macrobiotics diet. While I was going through the pages after pages of this propaganda I was wondering: "when will he finally start defining what Macrobiotics diet is and why this particular diet is good?". It's hard to believe but the book does not go any further in describing what Macrobiotics diet is than by saying that: 1) Staple food in macrobiotics is different grains because they combine qualities of seeds & flowers & because they can yield 4,000 lbs. of grain per acre compared to 200 lbs. of meat if you dedicate the land to cattle; 2) Fish, fowl, shellfish, eggs & fruits can be used from time to time (yes, fruits also

"from time to time"!...

[Download to continue reading...](#)

Macrobiotics: An Invitation to Health and Happiness Mudhouse Sabbath: An Invitation to a Life of Spiritual Discipline: An Invitation to a Life of Spiritual Disciplines (Pocket Classics) ZONE DIET: Zone Diet For Weight Loss & Better Health (Includes a 7-Day Meal Plan to Lose Weight Now) (Antioxidants & Phytochemicals, Food Allergies, Macrobiotics, ... diet food, Zone diet for beginners Book 1) MindTap Health, 1 term (6 months) Printed Access Card for Hales' An Invitation to Health: Building Your Future, Brief Edition, 8th (MindTap Course List) Before Happiness: The 5 Hidden Keys to Achieving Success, Spreading Happiness, and Sustaining Positive Change Zone Diet: The Ultimate Beginners Guide To The Zone Diet (includes 75 recipes and a 2 week meal plan) (Antioxidants & Phytochemicals, Food Allegies, Macrobiotics) The Hip Chick's Guide to Macrobiotics: A Philosophy for achieving a Radiant Mind and a Fabulous Body Antioxidants: A Simple Method to Increase Brain Power, Strengthen Your Immune System and Reverse the Aging Process (Macrobiotics, Superfoods, Antioxidants) The Hip Chick's Guide to Macrobiotics: A Philosophy for Achieving a Radiant Mind and Beautiful Body ZONE DIET: Zone Diet Cookbook (Includes 50 Zone Diet Recipes For Every Meal) (Antioxidants & Phytochemicals, Food Allergies, Macrobiotics, Food Allergies, ... Zone diet food, Zone diet for beginners 1) Macrobiotics For Dummies Cengage Advantage Books: An Invitation to Health An Invitation to Health An Invitation to Health: Choosing to Change, Brief Edition (with Personal Wellness Guide) (Available Titles Diet Analysis Plus) Personal Wellness Guide for Hales' An Invitation to Health: Choosing to Change, Brief Edition, 8th An Invitation to Health: Live It Now! Brief Edition Colon Health and Wellness: The Ultimate Guide to Colon Health the Natural Way (Colon Health, Colon Cleanse, Colon Cancer, Colon Health Guide, Colon Diet, Colorectal cancer, Colon Cleansing) Aha Guide to the Health Care Field 2009 Edition: United States Hospitals, Health Care Systems, Networks, Alliances, Health Organizations, Agencies, ... Association Guide to the Health Care Field) Public Health Nursing - Revised Reprint: Population-Centered Health Care in the Community, 8e (Public Health Nursing: Population-Centered Health Care in the Community) Complete Sonatas, Invitation to the Dance and Other Piano Works (Dover Music for Piano)

[Dmca](#)