



Kaleidoscope: Macrobiotic Articles, Essays, and Lectures 1979-1985

Herman Aihara

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Does macrobiotics relate only to matters of health and diet? This book illustrates the wide-ranging applications of macrobiotic thought, dispelling the myth that food is the central issue. Includes macrobiotic articles, essays, and lectures by Herman Aihara from 1979 to 1985.

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