



# **A Life in Balance: Delicious Plant-based Recipes for Optimal Health**

*Meg Wolff*

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# A Life in Balance: Delicious Plant-based Recipes for Optimal Health

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## **A Life in Balance: Delicious Plant-based Recipes for Optimal Health** Meg Wolff

The first title in Down East Books' 'Best Maine Food' series, this inspirational cookbook proves that good food fosters good health. When conventional medical treatments couldn't stop Meg Wolff's breast cancer in 1998, doctors told her to prepare her soul. Instead, she began a diet based on whole grains, vegetables and beans - and started getting better. Now vibrantly healthy, Meg is living proof that changing your diet can indeed save your life. This cookbook is full of Meg's easy, delicious recipes and information to help inspire readers to eat better, and live better. Contains recipes from a variety of contributors including NBA great John Salley and Dr. Neal Barnard, head of the Physicians for Responsible Medicine.

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