



Sassy Salad Secrets: Supercharge your diet and recapture your health by unlocking the power of living foods

Bobbie Jo Lieberman, Kenny Weber

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Now available—the long-awaited soft-cover print edition of Sassy Salad Secrets. This easy-to-navigate, lavishly illustrated book has 152 four-color pages and lots of new recipes. "In this book is a simple solution that can profoundly shift the way you eat—and live. Try these salads, and you'll be on your way to living a longer, healthier and happier life," says Stephen Sinatra, MD, in the Preface to Sassy Salad Secrets. "The authors have captured the poetry and art of live foods. In a sense, they have reinvented the salad and created a delicious journey to vibrant health," writes Gabriel Cousens, MD, in the Introduction. Ready for a change? You've come to the right place!

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Michael Albright:

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