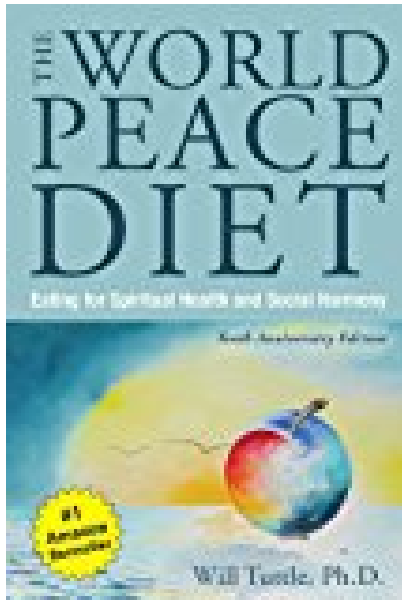


# The World Peace Diet Eating for Spiritual Health and Social Harmony

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## BOOK DETAILS

- Author : Will Tuttle
- Pages : 356 Pages
- Publisher : Lantern Books
- Language : English
- ISBN : 1590565274

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## **BOOK SYNOPSIS**

Incorporating systems theory, teachings from mythology and religions, and the human sciences, The World Peace Diet presents the outlines of a more empowering understanding of our world, based on a comprehension of the far-reaching implications of our food choices and the worldview those choices reflect and mandate. The author offers a set of universal principles for all people of conscience, from any religious tradition, that they can follow to reconnect with what we are eating, what was required to get it on our plate, and what happens after it leaves our plates.

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