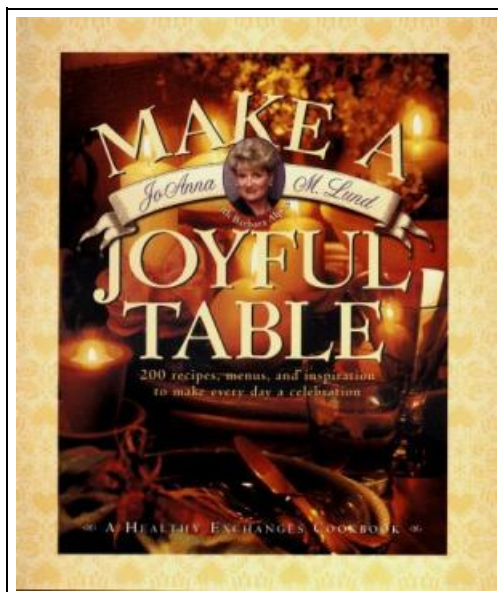


Make a Joyful Table



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Reviews

This publication might be well worth a read through, and much better than other. It is amongst the most incredible book i actually have read through. I am delighted to tell you that here is the finest book i actually have read through inside my own life and could be he best ebook for possibly.

(Aracely Hickle)

MAKE A JOYFUL TABLE



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Putnam Adult, 1999. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: On a fateful day in January 1991, JoAnna Lund finally decided to give up dieting and change her life for the better--and forever. Inspired by her family and strengthened by her faith, she went on to recapture her own health and vitality --and to create the phenomenon of Healthy Exchanges. Now, because she maintains that the food we prepare can be an expression of both love for others and belief in the future, she has written a book to nourish both body and spirit. With her approach to creating easy-to-make healthy dishes and her words of wisdom and comfort, JoAnna Lund has fulfilled her wish to establish a place--both physical and spiritual--that provides a real sense of belonging. This place is the joyful table. And she invites everyone to share in the things that have made a joyful life possible for her. Make a Joyful Table embodies all the old-fashioned values sacred to the author: the love of family, of country, and of God. But it is as up-to-date and as relevant today as the new healthy food products and modern kitchen conveniences that she relies on for making Healthy Exchanges fare. In addition to the more than 175 original recipes, the book offers dozens of menus to help make every meal a reason to celebrate. Particularly unique to this book are the messages of encouragement and inspiration, the stories of sharing and caring, and a satisfying portion of JoAnna Lund's "common folk" advice to help everyone along the way to health and happiness.



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