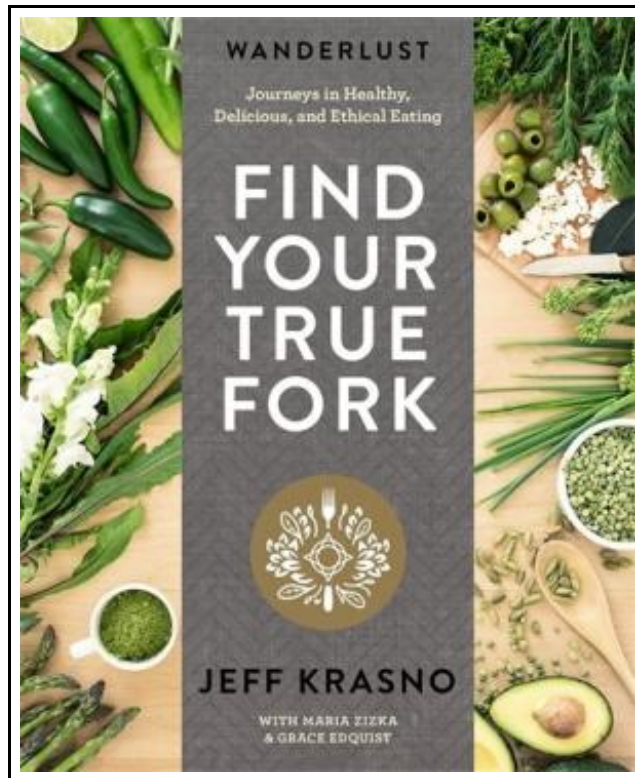


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Rodale Press Inc., United States, 2017. Hardback. Condition: New. Language: English . Brand New Book. Fans of the Wanderlust Festivals and modern yogis everywhere made Wanderlust, the first book by festival founder Jeff Krasno, a huge success. Since then, the popularity of the movement has grown even wider - including the opening of a Los Angeles center and Wanderlust Cafe that offer visitors a variety of ways to cultivate a mindful and inspired life. For Krasno and Wanderlust, being conscious about what we put on our plate has always been a cornerstone of living a balanced life. Wanderlust s Find Your True Fork serves as a roadmap for readers looking to make healthy, ethical, and delicious decisions about food. Find Your True Fork has something for everyone - from vegans to omnivores and everything in between. With the help of an all-star cast of chefs and wellness influencers who contribute recipes and expert advice, Krasno shows readers how to develop a closer connection to what they eat. From starting an urban garden and composting to fermentation techniques and demystifying biodynamic agriculture, Find Your True Fork aids readers in navigating a world of mindful food options. And like the original Wanderlust book, it is beautifully designed and photographed, featuring fun and informative illustrations throughout.



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