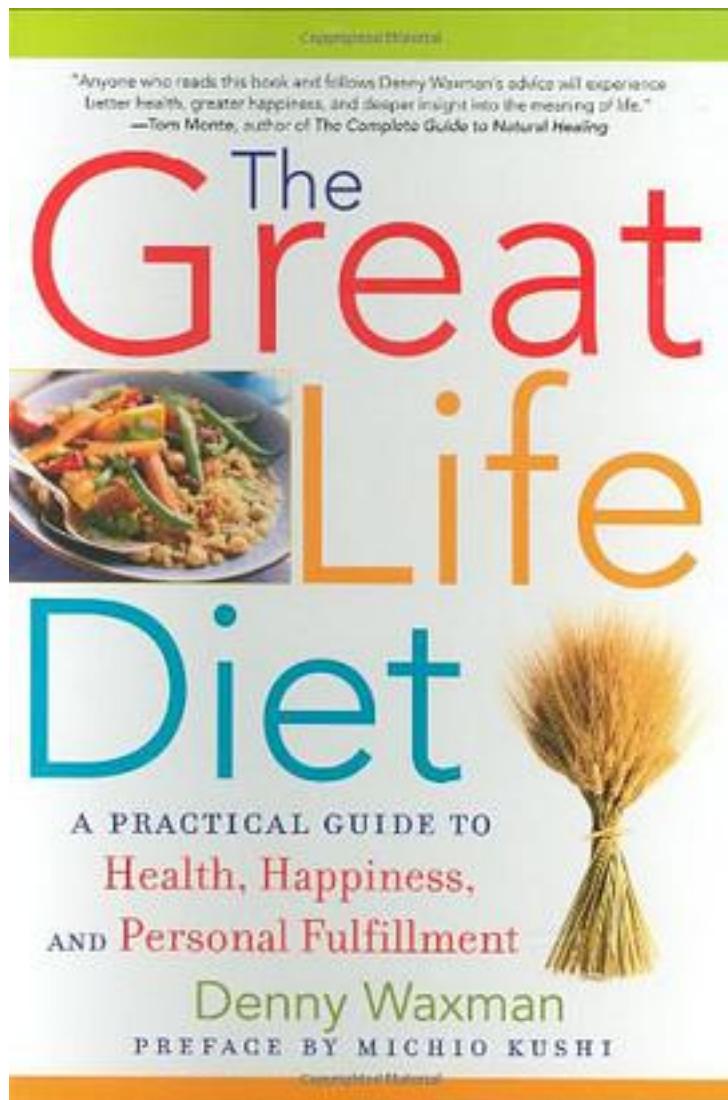


The Great Life Diet



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A revolutionary approach to diet and lifestyle that will strengthen your physical, mental, and spiritual well-being, from Macrobiotic expert Denny Waxman. With the vast majority of Americans now attempting to eat in a healthier manner, Denny Waxman's macrobiotic diet plan is ready to enter the cultural mainstream, who has been at the forefront of the macrobiotic movement since 1969 and runs the Strengthening Health Institute in Philadelphia. THE GREAT LIFE DIET distills the wisdom of his thirty-five years of experience into a clear, concise guide to a better, healthier, longer life. Waxman wedges a diet of whole grains and cereals supplemented by fruits and vegetables to a lifestyle that nourishes the mind and the spirit. In seven steps, Waxman offers a balanced and orderly approach to an active, fulfilling, daily life. The aim always is to strengthen health, however good or ill. Many people, their ailments ranging widely from the common cold to chronic fatigue, heart disease, even "incurable" cancers, have been helped, often dramatically, by following the dietary and lifestyle practices described in this exceptional book. "Denny Waxman's system of teaching is flexible, unique, and refreshing. THE GREAT LIFE DIET is a really cool book." -Jessica Porter, author of THE HIP CHICK'S GUIDE TO MACROBIOTICS "Anyone who reads this book and follows Denny Waxman's advice will experience better health, greater happiness, and deeper insight into the meaning of life." -Tom Monte, author of THE COMPLETE GUIDE TO NATURAL HEALING

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