

# Girlosophy



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出版者:Independent Pub Group

出版时间:

装帧:Pap

isbn:9781741141429

Taking a holistic approach to loving, accepting, and nurturing oneself, this vibrantly illustrated cookbook offers healthy tips for both the mind and body. Rather than pushing teens to diet, this empowering volume celebrates food and encourages girls to stop obsessing about what they should and should not eat and encourages them to indulge in what is best for them nutritionally. Lushly designed, the book also contains numerous simple, healthy, and delicious recipes from the author's sister, a California-based celebrity chef, as well as favorite meals from real girls from around the world.

作者介绍:

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