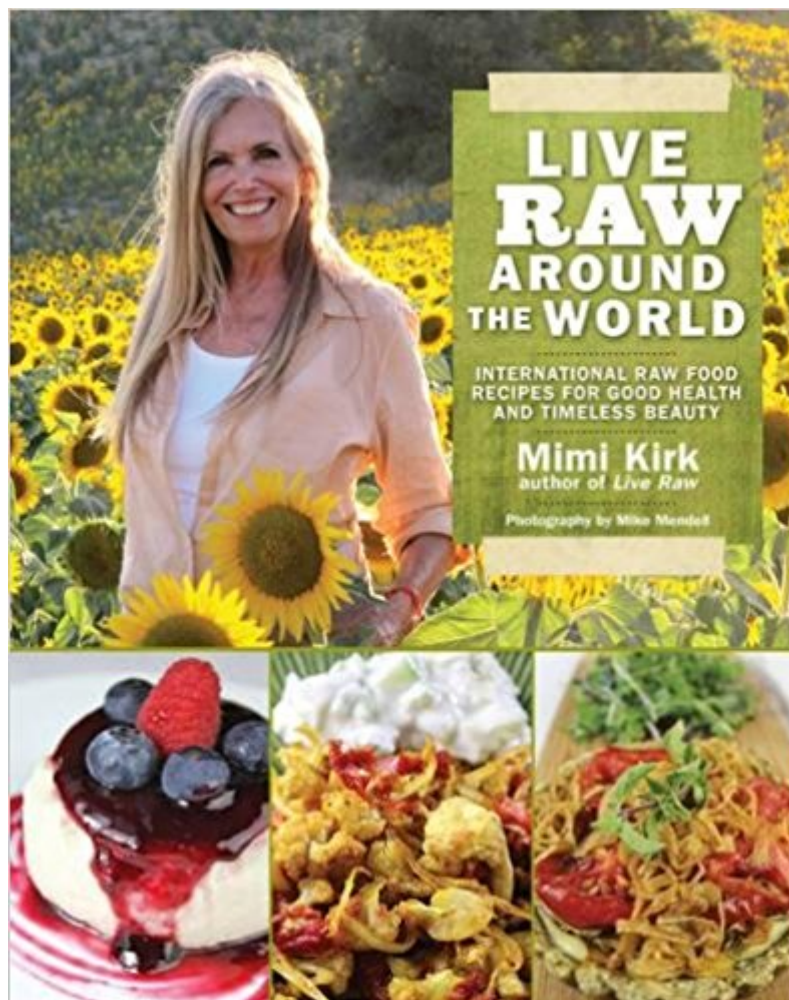




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Live Raw Around The World: International Raw Food Recipes For Good Health And Timeless Beauty



Synopsis

Voted PETA's sexiest vegetarian over 50 at age 70 Mimi Kirk is uniquely positioned to share her raw food recipes and lifestyle secrets from her travel around the globe. Everyone knows that eating well makes you feel good, bu

Book Information

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Customer Reviews

Mimi Kirk is also the author of Live Raw. Voted PETA's sexiest vegetarian over 50, she has appeared on NBC, CBS, and Fox News; and in VegNews magazine, Purely Delicious, and PETA Prime. Her careers span the gamut from being a stand-in for Mary Tyler Moore and the designer behind Valerie Harper's wardrobe on Rhoda to a costume jewelry designer; publisher of an environmental newspaper in Los Angeles; board game inventor; and author. She helped start the first film festival in Taos, New Mexico, and has worked with several nonprofits to help raise money and awareness about health and environmental concerns. Kirk enjoys spending time with her boyfriend, four children, and seven grandchildren. She lives in Ramona, California.

The book positivity plus! Pouring with upbeat attitude. It's very infectious. Mimi is an accredited cook, so it's important to her to associate food with emotions, pleasure and family. Also presentation of food, which is all great. It's very informative about vitamins and health and the environment. Also lots of information on the raw vegan diet curing a lot of diseases related to older age and weight issues. The book is best for giving a beginner, the simple tools needed to begin being raw vegan, eg food dehydrator and juicers. Most important the meals are just delicious and not at all time

consuming....you're not cooking!!!!It emphasizes that you are more satisfied after a raw vegan meal than cooked.And how much better you feel in general.

Great adjunct to her other books and how to prepare different tastes, for foods around the world; passionate, creative, thoughtful and insightful; as most of all her teachings!!!

I received my copy of Live RAW Around the World two weeks ago.It was EXACTLY what I needed to open my possibilities.I've made the cashew cream --- DELISHSome of the recipes call for a dehydrator.I don't have a dehydrator - but, I do have an oven that goes very low - and my toaster oven has a low/warm setting also.So far, SO GOOD!The pictures and Mimi's experiences are worth the price of this book ~Can't wait to get some cooking time this upcoming long weekend.THANK YOU Mimi for your dedication to our health.~c~™~T.

Great inspiring book. I've always loved Mimi's recipes but this time she really surprised me how successfully she was transforming well known traditional recipes from all around world into delicious raw meals. I read many raw cookbooks and I really appreciate originality and surprising twists, something you never thought off and it turns into great, great meal. I also enjoyed in her presentation of each country, personal touch in small stories from travels, advices, tips etc. Must have for every raw foodist passionate about food.

Mimi is THEE best! Her life's journey is inspirational to all. Her first book has been well used. In just perusing the countries I've visited, I can't wait to delve into this one. Raw croissants, really??! If it can be done, Mimi has done it. Though some recipes require more work, the outcome is the best! This is a book for all. The photos are magnificent and the person behind the recipes has such a big heart, you can feel it reaching out to you throughout the pages.

Love MiMi's unique recipes!

This book is awesome. From tiramisu to sausages, baklava to gyro - great.I will give the recipes a try definitely.They don't look hard to do. Thumbs up Mimi - you did it ~ ~ ~•

Mimi Kirk has done an excellent job with her recipes - her photography is phenomenal and her attention to detail in this food is amazing. Love the raw diet and love this "un-cook book" .

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