



Cooking Without Recipes: a mother's journey toward a whole, natural life

Eliza Eller

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Cooking Without Recipes is practical, inspiring cookbook and guide for families seeking a more natural path using macrobiotic principles of balance. This is also a sweet story of raising thirteen children in a tiny eco-village in Alaska, changing diets and changing minds along the way, full of personal stories of pregnancies, births, childhood illnesses, joys and mishaps; all from a food-centric point of view, and set against the beautiful wilds of the Kenai Peninsula.

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