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Make a Joyful Table

By Lund, JoAnna M.

Putnam Adult, 1999. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: On a fateful day in January 1991, JoAnna Lund finally decided to give up dieting and change her life for the better--and forever. Inspired by her family and strengthened by her faith, she went on to recapture her own health and vitality --and to create the phenomenon of Healthy Exchanges. Now, because she maintains that the food we prepare can be an expression of both love for others and belief in the future, she has written a book to nourish both body and spirit. With her approach to creating easy-to-make healthy dishes and her words of wisdom and comfort, JoAnna Lund has fulfilled her wish to establish a place--both physical and spiritual--that provides a real sense of belonging. This place is the joyful table. And she invites everyone to share in the things that have made a joyful life possible for her. Make a Joyful Table embodies all the old-fashioned values sacred to the author: the love of family, of country, and of God. But it is as up-to-date and as relevant today as the new healthy food products and modern kitchen conveniences that she...



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