

# Gentle Art Of Making Love Macrobiotics In Love And Sexuality

**The Publishers Weekly** - 1990

*Performance Artists Talking in the Eighties* - Linda Montano 2000

This work contains interviews with performance artists who talk about how certain childhood experiences have influenced and resurfaced in their work as an adult. The discussions focus on the relationship between art and life.

Exploring Sexuality and Spirituality - 2020-10-20

Exploring Spirituality and Sexuality: An Introduction to an Interdisciplinary Field is a collection of scholarly essays which focuses on the multiple interrelations of spirituality and sexuality, including such facets as intimate relationships, inner cultivation, gender empowerment, gender empowerment, sex education, eroticism, and ecstasy embodiments.

Paperbound Books in Print - 1992

*Forthcoming Books* - Rose Arny 1990

*Natural Health* - 1993

*American Book Publishing Record* - 1990

Whitaker's Book List - 1991

The MILF Diet - Jessica Porter 2013-01-01

A true milf is confident, sexy, and radiates natural femininity. By eating whole, plant-based foods, you, too, can find balance and dynamic health, and unleash your inner MILF. It's simple: you are what you eat. So, to fulfill your true potential for health, happiness, and MILFiness, it's best to avoid refined sugars, processed foods, dairy, and meat. But it's not as scary as it sounds, and you'll soon discover why. With recipes like Lemony Quinoa Salad; Oven-Roasted Root Vegetables with Garlic, Cumin, and Herbs; Edamame Dip; and Poached Pears with Raspberry Sauce, the MILF Diet is not only easy to follow, it's delicious and slimming, too. Jessica Porter has been a teacher of healthy cooking and hypnotherapy for over fifteen years, and she brings her wealth of knowledge to The MILF Diet in the form of holistic philosophy, mouth-watering recipes, and a fun and digestible enumeration of the health benefits of MILFy foods. By eating the whole, natural, and tasty foods of the MILF Diet, you'll not only turn back the clock and find inner balance, you'll strengthen your immune system and reduce your risk of serious disease. You'll learn why seaweed makes your skin dewy while keeping your hair strong and lustrous, and discover how to harness peak physical energy and mental clarity from whole grains. The best part is, the MILF Diet is simple, delicious, and totally lifechanging.

**A Republic of Mind and Spirit** - Catherine L. Albanese 2007-01-01

In the nineteenth and early twentieth centuries, Mexicans and Americans joined together to transform the U.S.-Mexico borderlands into a crossroads of modern economic development. This book reveals the forgotten story of their ambitious dreams and their ultimate failure to control this fugitive terrain. Focusing on a mining region that spilled across the Arizona-Sonora border, this book shows how entrepreneurs, corporations, and statesmen tried to domesticate nature and society within a transnational context. Efforts to tame a 'wild' frontier were stymied by labour struggles, social conflict, and revolution. *Fugitive Landscapes* explores the making and unmaking of the U.S.-Mexico border, telling how ordinary people resisted the domination of empires, nations, and corporations to shape transnational history on their own terms. By moving beyond traditional national narratives, it offers new lessons for our own border-crossing age.

**Paperbound Books in Print 1995** - Reed Reference Publishing 1995-12

The Gentle Art of Making Love - Michio Kushi 1990

*The Book of Macrobiotics* - Michio Kushi 2013-05-07

The Book of Macrobiotics is a passport to a world of infinite understanding and adventure. It has been read, reread, studied, and treasured by hundreds of thousands of people who seek a clear, comprehensive approach to the problem of living in a world of endless change. Now after two decades, The Book of Macrobiotics has been completely revised and expanded to reflect refinements in Michio Kushi's teachings, as well as many developments in the modern practice of macrobiotics. During this time, the standard macrobiotic diet has been simplified and broadened. Macrobiotic approaches to cancer, heart disease, and other degenerative disorders have evolved and expanded, as have basic home care and lifestyle recommendations. This revised edition of The Book of Macrobiotics also includes a new chapter on the Spiritual World; new material on Yin and Yang and the Five Transformations, Man/Woman Relations, and Humanity's Origin and Destiny; and an annotated East West Reading List. Many new illustrations have been furnished, and the Food Composition tables have been expanded to include nutritional information on dozens of additional foods, including tempeh, seitan, rice cakes, and amazake. Here, for a new generation, is a beautifully revised and updated version of a macrobiotic classic.

**Subject Guide to Books in Print** - 1993

**Il ki delle nove stelle** - Michio Kushi 1993

Yoga Journal - 1987-09

For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

"I'm Hot You're Hot" - Loretta J. Lombardi 2013-09-12

I'm Hot You're Hot caters to the passionate romantic and gourmet in you. Have you ever heard of a romantic whole foods recipe book where aphrodisiacs flirt with the cook, or where libidos out to lunch get rescued? I'm Hot You're Hot is a twelve month whole foods recipe book with romantic and sensual overtones. It includes love quotes, kitchen and bedroom poetry, and love banquets with whole foods participants that are in season. It also contains recommended wine and food pairings, beer and food pairings and suggested cut flower arrangements to enhance the beauty of your table setting. This cookbook contains 214 pages, including a comprehensive glossary and index, filled with gratifying menus. What add life to the menus are the headers for each recipe. The information they contain are a combination of nutrients, energy, history, folklore, and aphrodisiac qualities of each food culminating with a sensual persuasion. Also, each menu is designed for two, primarily including recipes for vegans, vegetarians and macrobiotics and not excluding the adventurous mainstream couple daring to use whole foods appetizers to desserts as side dishes. If you are looking for a playful recipe book for lovers who enjoy the sensuality of eating healthy with desirable and satisfying ingredients and easy preparations, then this is the book for you. Think of this book as a year round best-seller. It is the perfect gift for holidays, especially Valentine's Day and birthdays. Plus, you can use it for your own personal days, like friendship day, make-up after a quarrel day, lover's day, thinking of you day and more. It can be a real go to book on your cookbook shelf when someone wants to add spice to their life. I'm Hot You're Hot gently reminds us that we are a part of that special couple, so deserving of warmth and well-being. Melting into each other's arms is definitely intended with each bite.

East West Journal - 1990

New Age Journal - 1990

**Macrobiotic Pregnancy and Care of the Newborn** - Michio Kushi 1983

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