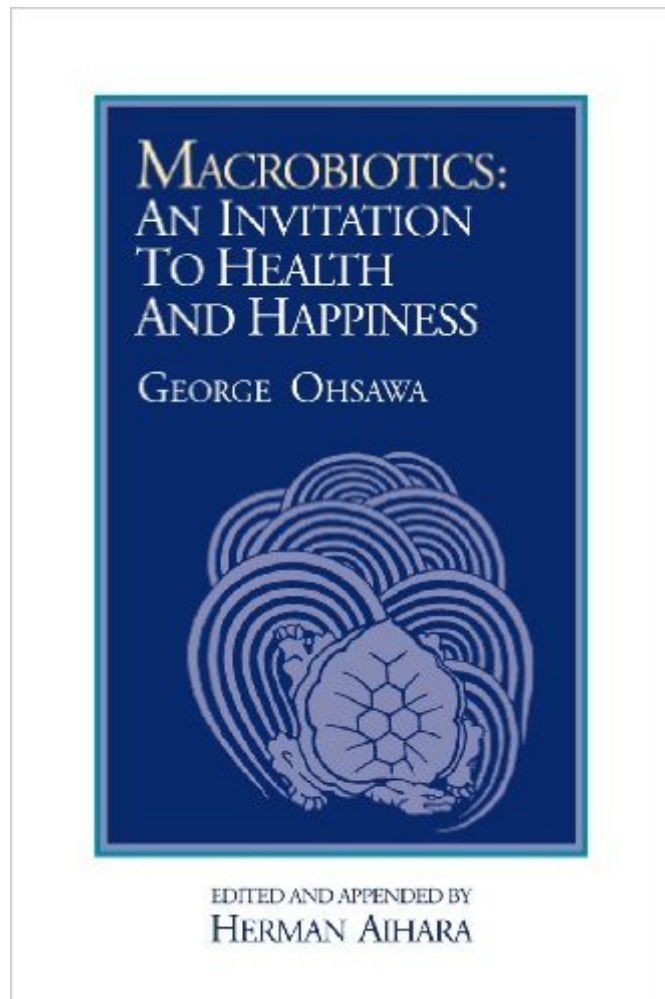


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# Macrobiotics: An Invitation To Health And Happiness



## Synopsis

Introductory book on macrobiotics, including philosophy, getting started, and recipes. This book is for people whose aim is to create health and happiness for themselves.

## Book Information

Paperback: 92 pages

Publisher: George Ohsawa Macrobiotic Foundation; 5th printing edition (September 1978)

Language: English

ISBN-10: 0918860024

ISBN-13: 978-0918860026

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 6.7 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (4 customer reviews)

Best Sellers Rank: #454,789 in Books (See Top 100 in Books) #90 in [Books > Health, Fitness & Dieting > Nutrition > Macrobiotics](#) #86192 in [Books > Textbooks](#)

## Customer Reviews

I came to know about existence of Macrobiotics diet from a Japanese friend of mine who said it is very close to vegetarian diet. I was curious to know whether I can learn anything new in nutrition from Macrobiotics, so I ordered this book written by the Japanese man who coined the term Macrobiotics & started this movement. Before ordering the book I read few pages from this book which are offered by [Amazon](#) for preview on "What is happiness". These are the only interesting pages in this book, where author compares definitions of happiness by some renowned philosophers & theologians. At the end he offers his own definition of happiness which left me puzzled why after studying history of defining happiness so well, he provided such a superficial, controversial definition of happiness? You can check it for yourself before buying the book. Nevertheless I ordered the book. Rest of the book is about promising you a happy, meaningful, long-lasting life, promising that you will become honest, loving, will have great memory etc by just adopting Macrobiotics diet. While I was going through the pages after pages of this propaganda I was wondering: "when will he finally start defining what Macrobiotics diet is and why this particular diet is good?". It's hard to believe but the book does not go any further in describing what Macrobiotics diet is than by saying that:1) Staple food in macrobiotics is different grains because they combine qualities of seeds & flowers & because they can yield 4,000 lbs. of grain per acre compared to 200 lbs. of meat if you dedicate the land to cattle;2) Fish, fowl, shellfish, eggs & fruits can be used from time to time (yes, fruits also

"from time to time"!...

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