

**The Food Revolution: How Your Diet Can Help Save
Your Life And Our World By John Robbins, Dean
Ornish M.D.**



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John Robbins's new book, The Food Revolution, is such a tool. Subtitled "How Your Diet Can Help Save Your Life and the World," this book of our dietary choices on such problems as world hunger and the impending global water crisis.

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The raw food diet myth: what you need to know about the raw and

John Robbins, The Food Revolution: How Your Diet Can Help Save Your Life and Our World (San Francisco: Conari Press, 2001), 347. 11. John Robbins, The

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Books | spinach revolution

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Diet for a new life: 8 steps to weight loss and wellbeing

1 John Robbins, The Food Revolution: How Your Diet Can Help Save Your Life and Our World (York Beach: Conari Press, 2001). 2 Shelley Redford Young,

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