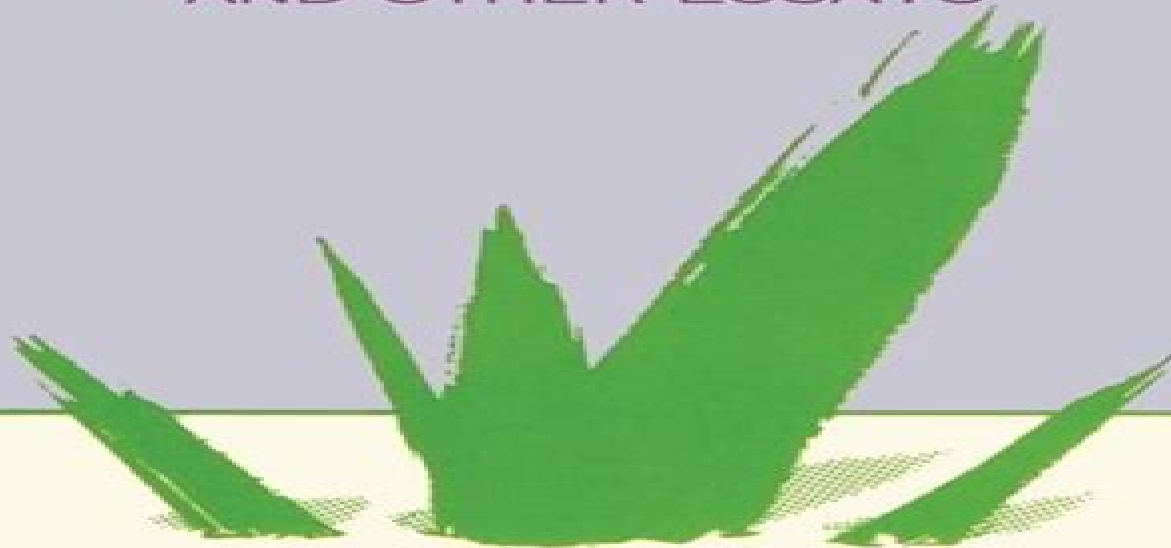


Macrobiotic Guidebook For Living

• AND OTHER ESSAYS •



by George Ohsawa

Translated by Herman Aihara

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J Dewey



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