



# The Mystic Cookbook: The Secret Alchemy of Food

*Denise Linn, Meadow Linn*

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**The Mystic Cookbook: The Secret Alchemy of Food** Denise Linn, Meadow Linn

Provocative and insightful, this eclectic, inspiring, and beautiful book will open your eyes to the remarkable link between nourishment and spiritual awakening. Filled with ancient wisdom, practical advice, intriguing personal anecdotes, vibrant ceremonies, and original dishes lavishly illustrated with color photographs, the *Mystic Cookbook* brings to life a wealth of recipes and a myriad of experiences from places as far-reaching as Mexico, Italy, Vietnam, France, North Africa, and India as well as from mystical, legendary, and mythic realms. In Denise and Meadow Linn's extraordinary book, learn little-known secrets about the food we eat and how it can mystically transform your life!

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