



What s Cooking Within? a Spiritual Cookbook (Paperback)

By Jyl Auxter

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Paperback. Book Condition: New. 277 x 208 mm. Language: English Brand New Book ***** Print on Demand *****. what s cooking within? is a spiritual guidebook that will give you food for thought as well as tips, tools and techniques to help you navigate your path to self-discovery. Tapping into her knowledge and experience as a yoga teacher and a healer working in a variety of practices, Jyl Auxter shares her story and her recipes for personal growth, total wellness, and luscious organic gourmet meals. In addition to her healing recipes, Jyl offers her heart and soul to guide and support you as you learn to listen to the small voice within.



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Reviews

Extensive guideline! Its this kind of very good study. It really is full of knowledge and wisdom I discovered this book from my i and dad encouraged this publication to understand.

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