



## From Saint Hildegards Kitchen: Foods of Health, Foods of Joy

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By Jany Fournier-Rosset

Liguori Publications. Paperback. Book Condition: New. Paperback. 224 pages. Dimensions: 8.9in. x 6.9in. x 0.8in. The 12th-century Benedictine Abbess Hildegard of Bingen was blessed with an astonishing array of talents. She was, among other things, a mystic, naturalist, visionary, and composer. Hildegard was also granted, by means of heavenly visions, in-depth knowledge about human nutrition. She believed foods of joy revitalized us and helped preserve good health in every sphere--physical, spiritual, and psychological. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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