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Atma Jo Ann Levitt The Kripalu Cookbook: Gourmet Vegetarian Recipes Publisher: Countryman Press (October 4, 2005) Language: English Pages: 446 ISBN: 978-0936399652

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Atma Jo Ann Levitt, M.A., R.N., is a writer, counselor, and lecturer, and pioneered many of the programs of the Kripalu Center for Yoga and Health.

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