



The Inner Kitchen: An Inspirational and Imaginative Place

Laurel Herman

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What does unconditional love mean? The Inner Kitchen is a celebrated journey sparked by this very question. Defining the power of nutrition with intention, this book guides you to a healthful state of mind and body. Learn how eating whole, organic foods will make you feel whole again. Soul work on the most profound level, The Inner Kitchen helps you to create mindful dishes that produce inner and outer healing. A pursuit for personal healing incorporating over thirty years of experience and a passion for spiritual and physical health deeply inspired this work. Using organic foods, Laurel Herman weaves a thought-provoking look at how we address our most important issues. Her enthusiasm for working with foods—color, texture, and taste—shines through as a testimony to the beauty found in simplicity and intention. These gluten-free recipes are quick and easy to follow. A timely piece, this book is perfect for what ails us on every level

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