



# Becoming Whole: Recipes, Meal Plans, and Resources

*Meg Wolff*

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## **Becoming Whole: Recipes, Meal Plans, and Resources** Meg Wolff

Becoming Whole: Recipes, Meal Plans, and Resources includes a directory of recommended readings and helpful professionals, a month's worth of Healing Menu Plans, and many of my favorite healthy recipes.

MORE praise for Becoming Whole:

"I have read a lot of recovery stories, but none as unflinchingly honest as Meg's. She has totally opened her heart and life and allows the reader to wander around her psyche. This is not only a compelling story, but one of deep truth, open vulnerability and true courage."

– Christina Pirello, author; Emmy Award-winning host of Christina Cooks television show

"From my experience, the most important message in this book that every cancer patient needs to learn is the sentence: 'I took possession of my life.' When you do that, true healing begins and you take your authentic path not prescribed or dictated by others. Then what you eat, believe or do is no longer the issue because you cannot make a wrong decision when you are living your life versus trying not to die. So read Meg's story and reclaim the life every woman is entitled to."

— Dr. Bernie Siegel, author of Help Me To Heal and the national bestseller Love, Medicine and Miracles

"The highest elements of human accomplishments are literally like a religious conversion: a dedication to profoundly correct apocalyptic epiphany. The cover of this book reveals the indomitable human spirit overcoming whatever the obstacle is. Obstacles, in fact, are what you see when you take your eyes off the goal. This book is about taking your eyes off the problem and putting them on the solution. Bravery is demonstrated, health is revealed, perseverance is everything, and all that is herein."

– Dr. H. Robert Silverstein, medical director, Preventive Medicine Center, Hartford, Connecticut

"In Becoming Whole, Meg Wolff beautifully and generously invites the reader to become part of her journey to wholeness, offering keen emotional insights every step of the way. This is not just a book for cancer patients, healthy-living enthusiasts, or people struggling with chronic health issues; it is a life-changing gift for all of us."

– Julia Mossbridge, neuroscientist; author of Unfolding: The Perpetual Science of Your Soul's Work

"According to the National Cancer Institute, as many as 35 to 50 percent of cancer cases are due to nutrition. What that really means is that we can use nutrition, not only to help us prevent cancer, but also to improve survival. Becoming Whole is an inspiring account of one woman's success in using simple dietary changes for breast cancer. Its encouraging and practical advice is applicable to everyone, and I recommend this book whole-heartedly."

– Dr. Neal D. Barnard, author; president of the Physicians Committee for Responsible Medicine

"This is perhaps the most lurid account I have thus far read of the horrendous treatment journey confronting

cancer patients, as well as a positive, uplifting, yet authoritative account of a woman's survival from both terminal bone and breast cancer through a macrobiotic diet. Meg Wolff 's book also brings together and summarizes the major scientific and nutritional evidence explaining why a macrobiotic diet may be so effective against cancer.”

– Sandra Goodman, Ph.D.; editor and director, Positive Health Publications, Ltd.

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#### **Glen Thomas:**

The reason? Because this Becoming Whole: Recipes, Meal Plans, and Resources is an unordinary book that the inside of the guide waiting for you to snap this but latter it will zap you with the secret the item inside. Reading this book close to it was fantastic author who also write the book in such awesome way makes the content within easier to understand, entertaining way but still convey the meaning fully. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This unique book will give you a lot of benefits than the other book include such as help improving your expertise and your critical thinking method. So , still want to hold up having that book? If I ended up you I will go to the publication store hurriedly.

#### **Christopher Gaul:**

Reading can called imagination hangout, why? Because while you are reading a book particularly book entitled Becoming Whole: Recipes, Meal Plans, and Resources your thoughts will drift away trough every dimension, wandering in each and every aspect that maybe unidentified for but surely can be your mind friends. Imaging just about every word written in a book then become one contact form conclusion and explanation in which maybe you never get ahead of. The Becoming Whole: Recipes, Meal Plans, and Resources giving you another experience more than blown away the mind but also giving you useful information for your better life with this era. So now let us explain to you the relaxing pattern the following is your body and mind is going to be pleased when you are finished reading through it, like winning an activity. Do you want to try this extraordinary investing spare time activity?

#### **Ronald Searle:**

In this period globalization it is important to someone to get information. The information will make a professional understand the condition of the world. The healthiness of the world makes the information better to share. You can find a lot of recommendations to get information example: internet, newspapers, book, and soon. You can view that now, a lot of publisher that print many kinds of book. Often the book that recommended to you personally is Becoming Whole: Recipes, Meal Plans, and Resources this book consist a lot of the information of the condition of this world now. That book was represented just how can the world

has grown up. The language styles that writer value to explain it is easy to understand. Often the writer made some research when he makes this book. That is why this book acceptable all of you.

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