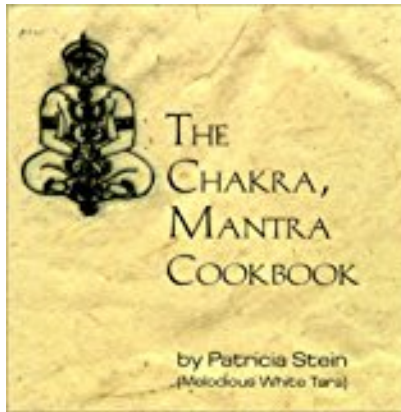


# The Chakra Mantra Cookbook

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## BOOK DETAILS

- Author : Patricia Stein
- Pages : 140 Pages
- Publisher : PMF Publishing
- Language : English
- ISBN : 0970359705

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## BOOK SYNOPSIS

This book offers a guide to enhancing ones energy as well as the food being prepared, through the use of mantra. A spiritually inspired, vegetarian, non-dairy cookbook, "The Chakra, Mantra Cookbook" follows Tibetan doctors approaches to treating energetic imbalances through the use of food.

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