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## RAW EXTREME MANIFESTO: CHANGE YOUR BODY, CHANGE YOUR MIND, AND CHANGE THE WORLD WHILE SPENDING ALMOST NOTHING!



Skyhorse Publishing. Paperback. Book Condition: new. BRAND NEW, Raw Extreme Manifesto: Change Your Body, Change Your Mind, and Change the World While Spending Almost Nothing!, Fred Ho, A cross between Michael Pollan's "Food Rules" and Adam Richman's "Food vs. Man", "Raw Extreme Manifesto" is one man's journey into raw food extremism. With sensible tips, simple recipes, rules, and most importantly, results, Fred Ho's book tells you everything you need to know about going totally raw - without spending all your...

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- Authored by Fred Ho
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