



**Recipes for Change: Gourmet Wholefood Cooking  
for Health and Vitality at Menopause by Lissa  
DeAngelis (1996-05-05)**

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# Recipes for Change: Gourmet Wholefood Cooking for Health and Vitality at Menopause by Lissa DeAngelis (1996-05-05)

*Lissa DeAngelis;Molly Siple*

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