



Tastes Like God

Carrie Triffet

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THIS BOOK IS NOT ABOUT A MIRACLE DIET. IT'S ABOUT WHAT HAPPENS ON A DIET OF MIRACLES. Part deliciously funny spiritual memoir, part serious metaphysical "science experiment," TASTES LIKE GOD illuminates the big questions of existence, through the lens of Carrie's own tangled relationship with food. Her spiritual exploration of food's true meaning takes the reader on an unforgettable, real-time journey of transformation. Topics include: • Overcoming food addiction • Dieting, exercise and attractiveness • Guilt and the food chain • Inner peace and deepest self-acceptance

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