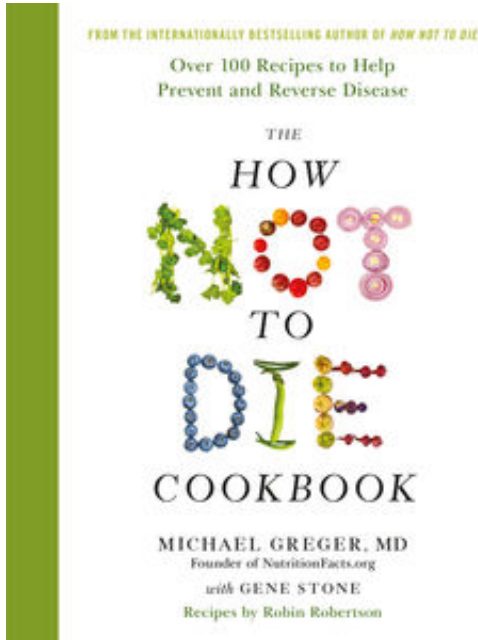


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Featuring over 100 easy-to-follow, beautifully photographed plant-based recipes, with plenty of recipes suitable for vegetarians and vegans, the *How Not To Die Cookbook* merges cutting-edge science with everyday ingredients from the supermarket to help you and your family eat your way to better health and a longer life.

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