



Wonderful Vegetarian Diet (Chinese Edition)

Zhang Chi

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This book is edited by Zhang Chi, member of Chinese Writers Association. The whole book consists of four parts. Part one is Introduction to Vegetarian Diet; part two History of Vegetarian Diet; part three Vegetarian Buddha; part four appendix Vegetarian Restaurants in the Capital City, etc. It expounds the history of vegetarian diet, and the relations between vegetarian diet and the religion. With concise and interesting words, this is a popular reading to spread vegetarian diet.

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