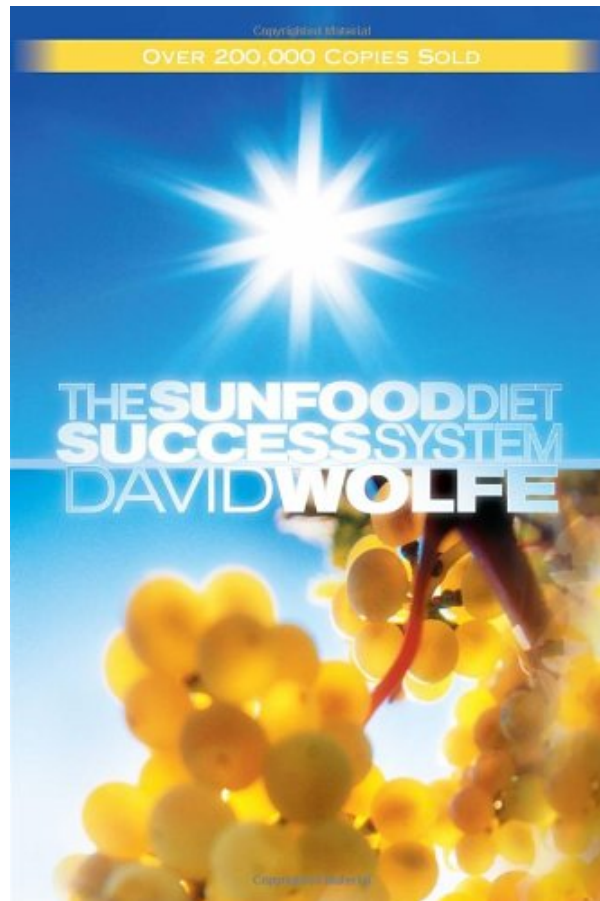
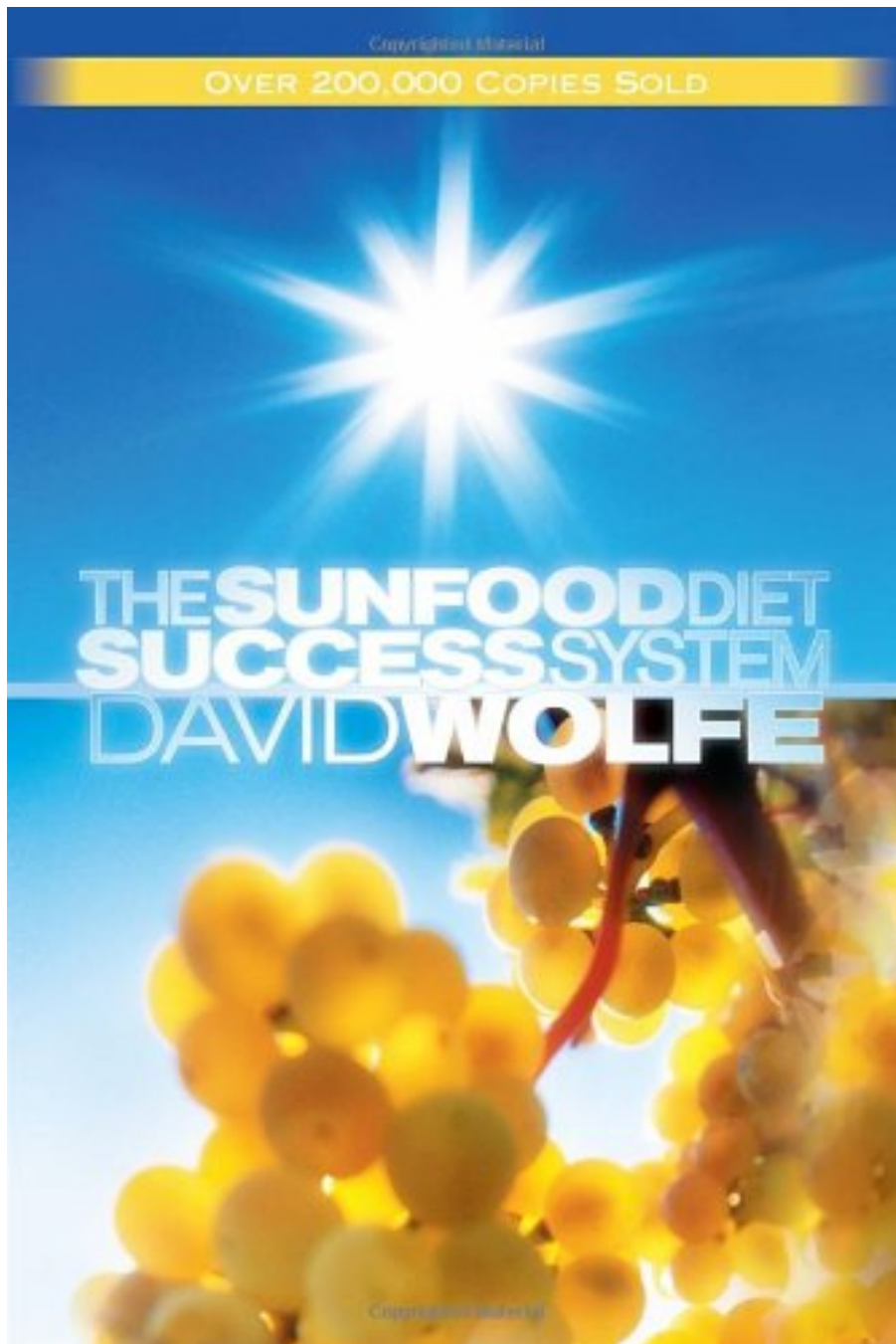


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## Review

“David Wolfe, in a beautifully authentic way, plants the awareness of the power of a live-food diet and healthy thinking that is transforming to each individual and to the very planet itself.”

—Dr. Gabriel Cousens, M.D., author of *Conscious Eating and Spiritual Nutrition*

“Anyone can benefit from David Wolfe’s knowledge and understanding of raw-food nutrition.”

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“Beginning with thoughts, beliefs, goals, and faith, David [Wolfe] lays the groundwork for the Sunfood mindset... Then concepts such as food and karma, the origins of our diet, scientific theory, and detoxification take you deeper. ...There is an extreme amount of information packed into this book, and it isn’t just for the 100% raw foodie. You can commit to any level of live/raw foods that you feel comfortable with, but if you do dive in full, David offers strategies for your transition. A great resource list, and recipes/meal plans round off the entire presentation... *The Sunfood Diet Success System by David Wolfe* is a timeless book that seems to get better with age.”

—Reader Views

## About the Author

Internationally renowned author and one of the world's foremost authorities on raw-food nutrition, David Wolfe conducts nearly 100 health lectures and seminars, and hosts at least 6 raw adventure retreats each year in the United States, Canada, Europe, the South Pacific, as well as in Central and South America.

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# **THE SUNFOOD DIET SUCCESS SYSTEM BY DAVID WOLFE**

## **PDF**

Since its first publication, The Sunfood Diet Success System has been the definitive book on the raw food lifestyle. Now after more than seven years, David Wolfe has rigorously rewritten the entire book, beginning to end, in order to offer the most complete, up-to-date nutrition information possible. No where else will you find the kinds of empowering information and insight that is present on every page of this truly inspiring work. The Sunfood Diet Success System is a groundbreaking book in the field of raw-food nutrition. The book describes exactly how to adopt, maintain, and stay centered on an 80, 90, or 100% raw-food diet by balancing different types of foods through David Wolfe's innovative Sunfood Triangle. Success is inevitable with day-by-day menu plans, delicious recipes, and the best information available on detoxification, fasting, mineralization and success technology all neatly bundled into one book. Each chapter is filled with inspiring quotes, facts, and tips. Dozens of beautiful, never-before-seen full-color images have been added to this brand-new edition, including many stunning Kirlian photographs. The Sunfood Diet Success System also includes a comprehensive listing of raw-food restaurants, healing retreats, and organizations. Be prepared for nothing less than total transformation!

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- Binding: Hardcover
- 592 pages

### Features

- Used Book in Good Condition

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Previous books by David Wolfe include *Eating for Beauty* and *Naked Chocolate*.

#### Most helpful customer reviews

2 of 2 people found the following review helpful.

A lot of great information. I definitely agree that eating mostly raw ...

By Elise Swartz

A lot of great information. I definitely agree that eating mostly raw fruits, veggies, and nuts is optimal. I don't know if 100% raw is or will ever be the right plan for me, but 70-80% is sustainable and definitely better than most. The emphasis on positive thinking is also good advice. There are a few tangents, redundancies, and contradictions, which just mean the book could have been edited a little better. David Wolfe's perspective on evolution is interesting to read, even if you don't totally agree.

6 of 6 people found the following review helpful.

The Raw Revolution

By BCA

If you are new the raw lifestyle, than this book might be it. Beautifully written with beautiful pictures. This book is life changing. It is not only about a change in diet, it is about lifestyle change.

There are no words for the feeling one experiences once he/she gets into eating raw. My first three months into it was simply put amazing. You find yourself laughing for no apparent reasons. You sleep less, and your need to eat decreases. I could go on and on about the benefits of eating a raw vegan diet.

Get this book, read it, indulge yourself into raw, organic, wild foods, and experience the change it will give you.

Thanks David Wolfe, well done.

1 of 1 people found the following review helpful.

Raw Food and more

By A. Walters

Very thorough, enjoyable, informative read on many levels, raw food obviously, but also discussions about energy and the laws of how to attract better health, wealth and well being -- how to augment your spiritual path -- that all aspects of our lifestyle affect our health Wolfe makes suggestions backed by research and ancient knowledge for understanding the impact our choices have and how to shift and make changes and why. He's an authority on raw food and I believe this is a must-have for any person interested in incorporating a little raw food or migrating to a completely raw food diet altogether. I refer to this book time and again because it's optimistic and empowering and reminds me to live to my own beat. A completely raw food diet is not something that is my goal however, a few of my friends are vegetarians and one is lowering her insulin requirements by switching to raw food 100%.

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