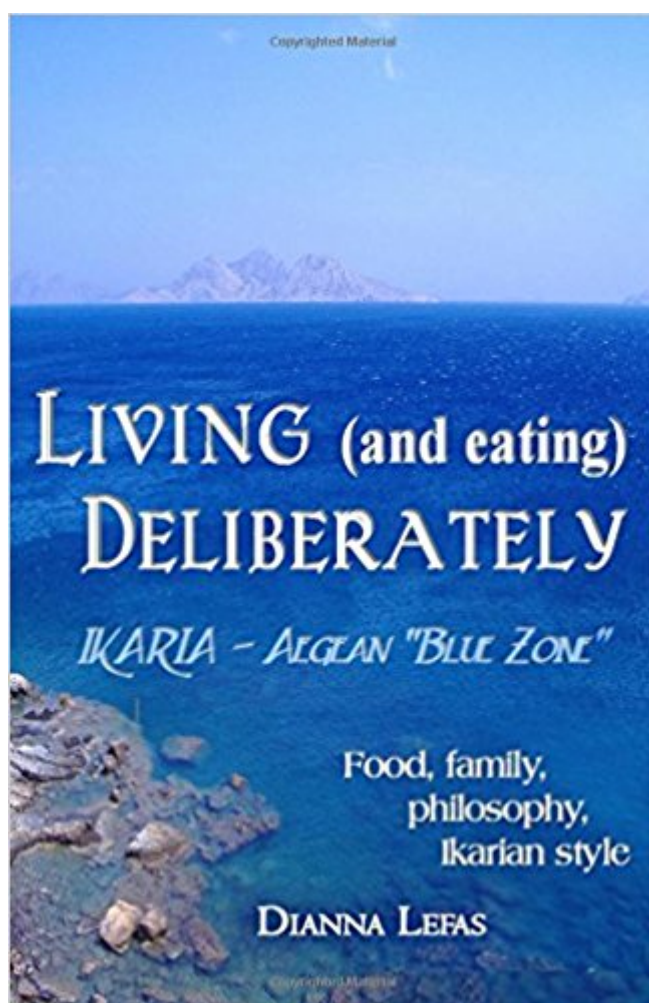


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LIVING (and Eating), DELIBERATELY - Ikaria: Aegean Blue Zone.: Food, Family, Philosophy, Ikarian Style



Synopsis

The Story of Ikaria, Greece, in food, stories and philosophy. Ikaria, long overlooked in favor of more idyllic Greek islands, had not kept up with the times by reason of its isolation, so when Dan Buettner discovered in the Aegean island of Ikaria one of the world's "Blue Zones," where people live longer, healthier lives than the rest of us, he started a small fire storm of interest. The Ikarians took it all in with a bit of amusement. They found it humorous that the world should find their casual way of life, as they have lived it for thousands of years, suddenly remarkable. But in today's world, it is remarkable. It is remarkable because not changing to conform to the advancements of corporate farming, fast food and an inundation of sugar and chemicals is, itself, worthy of rediscovery. It is getting back in touch with the way we all once were, when we lived to enjoy life, and not merely lived to work. LIVING (and eating), DELIBERATELY offers, through stories, a glimpse into Ikarian life, its people, their philosophy and, via island recipes, their cuisine. Like some of his fellow Ikarians, my father made a living as a chef, but his connection to food was not merely a working relationship; it was a romantic attachment to the rhythm of life. Look for these additional books - : "IKARIA: Echo of EDEN: A Journal" and "Ikarian Vegan Cuisine, Soufiko: From Simple to Sublime, Eating well in the Blue Zone"

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SOUFIKO ~ from Simple to Sublime Eating well in the Blue Zone.: Quintessential Ikarian Cuisine

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