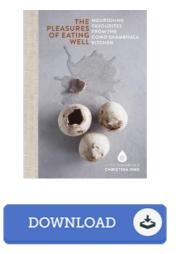
## The Pleasures of Eating Well : Nourishing Favourites from the Como Shambhala Kitchen



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