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By George Ohsawa

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poet, philosopher - George Ohsawa, known as the Father of Modern Day Macrobiotics, Essential Ohsawa is the An Invitation to Health & Happiness George

George ohsawa (author of you are all sanpaku)

George Ohsawa, born Nyoichi Around 1913 he met up with Nishibata Manabu Macrobiotics: An Invitation to Health & Happiness by George Ohsawa,

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