



Manna from the Motherland

By Teetee Weisel

[Download now](#)

[Read Online](#) 

Manna from the Motherland By Teetee Weisel

The close relationship between food and the spiritual dimensions of one's life is the focus of *Manna from the Motherland*. A central theme in the book is that the health and happiness we all deserve can easily be experienced when we choose a healthy diet, live with conscious intention, and cultivate spiritual qualities.

Using some of the more common recipes from Liberia, Ghana, and Kenya, this book adapts their vegetarian variations. While the main focus of the book is on African vegetarian cuisine, it contains other themes for physical, emotional, and spiritual enhancement. There are sections on meditation, hatha yoga, walking for physical fitness, as well as poems with a spiritual theme, which are all incorporated within a philosophy of good food and aim to create a whole and enlightened person.

Interwoven into the savory recipes, spiritual enhancement themes, and poetry are also stories from the author's own life that were either influenced by the inclusion of certain foods or relate to the emotions evoked by them. The stories begin with the author's childhood in Liberia (in the 1950s) and continue through the mid-1990s. They reveal cultural attitudes about food and a person's size, the perception of certain foods as "security foods," and the influences of other ethnic groups on African cuisine, such as the Indians in East Africa and the Syrians and Lebanese in West Africa.

 [Download Manna from the Motherland ...pdf](#)

 [Read Online Manna from the Motherland ...pdf](#)

Manna from the Motherland

By Teetee Weisel

Manna from the Motherland By Teetee Weisel

The close relationship between food and the spiritual dimensions of one's life is the focus of *Manna from the Motherland*. A central theme in the book is that the health and happiness we all deserve can easily be experienced when we choose a healthy diet, live with conscious intention, and cultivate spiritual qualities.

Using some of the more common recipes from Liberia, Ghana, and Kenya, this book adapts their vegetarian variations. While the main focus of the book is on African vegetarian cuisine, it contains other themes for physical, emotional, and spiritual enhancement. There are sections on meditation, hatha yoga, walking for physical fitness, as well as poems with a spiritual theme, which are all incorporated within a philosophy of good food and aim to create a whole and enlightened person.

Interwoven into the savory recipes, spiritual enhancement themes, and poetry are also stories from the author's own life that were either influenced by the inclusion of certain foods or relate to the emotions evoked by them. The stories begin with the author's childhood in Liberia (in the 1950s) and continue through the mid-1990s. They reveal cultural attitudes about food and a person's size, the perception of certain foods as "security foods," and the influences of other ethnic groups on African cuisine, such as the Indians in East Africa and the Syrians and Lebanese in West Africa.

Manna from the Motherland By Teetee Weisel **Bibliography**

- Rank: #6390910 in Books
- Brand: Brand: Africa World Press
- Published on: 2004-04
- Original language: English
- Number of items: 1
- Dimensions: .28" h x 7.14" w x 9.54" l, .39 pounds
- Binding: Paperback
- 84 pages

 [Download Manna from the Motherland ...pdf](#)

 [Read Online Manna from the Motherland ...pdf](#)

Download and Read Free Online Manna from the Motherland By Teetee Weisel

Editorial Review

About the Author

Teetee Weisel was born and raised in Liberia. She has traveled extensively in Africa and the Caribbean, residing and working for long periods in Kenya, Ghana, and Jamaica. She received her education in Liberia and the United States and presently lives in Dominica with her husband, Peter Weisel.

Users Review

From reader reviews:

Douglas Barlow:

The book Manna from the Motherland make you feel enjoy for your spare time. You should use to make your capable more increase. Book can to be your best friend when you getting strain or having big problem together with your subject. If you can make studying a book Manna from the Motherland to become your habit, you can get considerably more advantages, like add your personal capable, increase your knowledge about a few or all subjects. You are able to know everything if you like wide open and read a publication Manna from the Motherland. Kinds of book are several. It means that, science e-book or encyclopedia or other individuals. So , how do you think about this guide?

Cedric Baker:

Do you among people who can't read satisfying if the sentence chained in the straightway, hold on guys this aren't like that. This Manna from the Motherland book is readable by simply you who hate the perfect word style. You will find the facts here are arrange for enjoyable studying experience without leaving perhaps decrease the knowledge that want to provide to you. The writer of Manna from the Motherland content conveys the idea easily to understand by a lot of people. The printed and e-book are not different in the written content but it just different as it. So , do you nonetheless thinking Manna from the Motherland is not loveable to be your top checklist reading book?

Chad West:

The particular book Manna from the Motherland will bring you to the new experience of reading the book. The author style to describe the idea is very unique. If you try to find new book to read, this book very ideal to you. The book Manna from the Motherland is much recommended to you you just read. You can also get the e-book through the official web site, so you can quicker to read the book.

Jean Cunningham:

What is your hobby? Have you heard that question when you got students? We believe that that query was given by teacher to their students. Many kinds of hobby, Everybody has different hobby. So you know that

little person like reading or as studying become their hobby. You need to know that reading is very important and also book as to be the thing. Book is important thing to increase you knowledge, except your teacher or lecturer. You will find good news or update concerning something by book. Amount types of books that can you choose to adopt be your object. One of them is Manna from the Motherland.

Download and Read Online Manna from the Motherland By Teetee Weisel #ALQZY2KE6NH

Read Manna from the Motherland By Teetee Weisel for online ebook

Manna from the Motherland By Teetee Weisel Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Manna from the Motherland By Teetee Weisel books to read online.

Online Manna from the Motherland By Teetee Weisel ebook PDF download

Manna from the Motherland By Teetee Weisel Doc

Manna from the Motherland By Teetee Weisel MobiPocket

Manna from the Motherland By Teetee Weisel EPub

ALQZY2KE6NH: Manna from the Motherland By Teetee Weisel