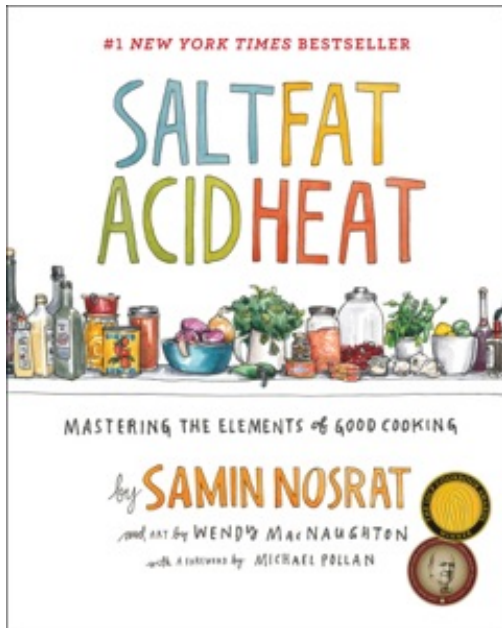

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With a foreword by Michael Pollan.

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