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# **The Kind Diet A Simple Guide To Feeling Great Losing Weight And Saving The Planet**

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***The Kind Life with Alicia Silverstone***

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***inspirational interview for "The Kind Diet" (Part 1 of 2)*** Part 1 of 2:

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***Alicia Silverstone's very  
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***Alicia Silverstone's "The Kind Diet"***

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**REVIEW \*\*VEGAN MUKBANG\*\*** I try a few recipes from "**The Kind Diet**". All the recipes in this cookbook are vegan. Let me know if there are any cookbooks I ...

***Books That Matter - The Kind Diet***  
**by Alicia Silverstone** In **this** episode of "Books **that** Matter, host Melissa

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Mansfield talks with Alicia Silverstone about **the** inspiration for her new book, ...

***Alicia Silverstone interview*** Actress, activist and now author Alicia Silverstone joins **The View From The Bay LIVE** in studio! in **this** Alicia Silverstone interview ...

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***The Kind Diet Recipes Medical***

**Course** For Educational Use Only - Fair  
Use - Alicia Silverstone shares some of  
the **simple** healthy delicious meals from  
**The Kind Diet**.rn.

***The Kind Diet*** <http://soniamarsh.com> A  
brief overview of **the Kind Diet** based  
on Alicia Silverstone on February 7, 2010

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***Sneak Peek Photo Shoot of The Kind Diet [TheKindLife.com]*** I share a sneak peek of the photoshoot I did for my new book, **The Kind Diet**, done in Ojai, CA. Victoria Pearson served as the ...

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**Book Review-The Kind Diet**

<http://FitKim.com> Do you want to learn how to put more nutritious food into your body? Then watch my review on **The Kind Diet**-it's ...

**Toasted Nori Burritos** These are a delicious, refreshing, crunchy snack **that** you can make out of almost anything!



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Full recipe can be found in my book ...

**Arame, Sun-Dried Tomato, & Zucchini Stir Fry** This is a super-yummy way to sneak sea veggies into your **life**. I promise if you like sun-dried tomatoes and basil and zucchini, ...

**Alicia Silverstone Vegan Health**

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"The Kind Diet" Complete video at:

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