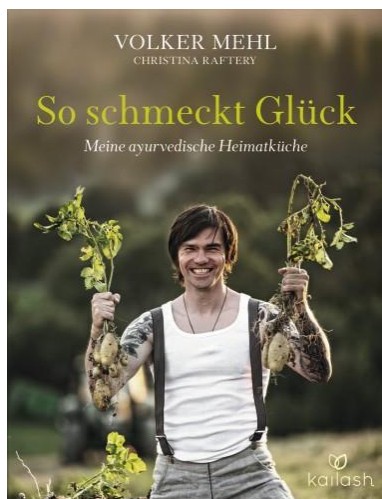


"Ayurvedic cooking is now the trend – and Volker Mehl is its star." *Glamour*



Volker Mehl, Christina Raftery
This Is How Joy Tastes
[So schmeckt Glück]
My Ayurvedic cooking

Kailash
224 pages
4 colour illustrations
Format 21,0 x 27,0 cm
September 2013
With numerous 4-colour illustrations

Volker Mehl, born in 1976, is an Ayurveda chef and a health counsellor. For over ten years he has been involved with holistic healing methods. In 2007 he founded the label *Koch dich glücklich*, studied with the master chef Harald Wohlfahrt, and moderated a live Ayurveda cooking show. He is a freelance writer for periodicals, including the *Yoga Journal*, and manages his own cooking school.

Christina Raftery, born in 1972, is the former chief editor of the *Yoga Journal*. She is currently a freelance journalist, author, and translator.

Volker Mehl cooks Ayurveda as no one has done before. Instead of exotic dietary food, he here presents us with dishes that are so delicious, fantasy-filled, and simple to prepare that no wish will remain unfulfilled. In his long-awaited second cookbook he takes us through the four seasons with their characteristic vegetables, fruits, and herbs. Over 80 vegetarian recipes reconnect us with nature, life – and ourselves.

- Cooking could not produce more joy than this
- Over 80 new vegetarian recipes

Press

"Cooking fans are well served here. Was Ayurvedic cooking too complicated for you before? This new interpretation provides great ideas for everyday meals." *Woman*

Also available:

Koch dich glücklich mit Ayurveda [Cook Yourself to Happiness with Ayurveda], 2011