

Healthy Living Through Diet, Exercise And Cooking - Marton F Murphy

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The author's mother, Lina Duffy-Murphy, was an excellent cook, famous among her neighbours and relatives in Prince Edward Island. This is how the author, who had no sisters in his family, been taught how to cook at an early age. The author left home when he was eighteen years old, to work for the oil companies in various places around the world. While traveling on business and pleasure, he was able to gain further recipes that he enjoyed from the large number of cooks in various countries and cultures. If you have a recipe that you wish published, please send it with your name and address to the author:

NOTRAM PUBLISHING 4415F - 58th Avenue, SE Calgary, Alberta, T2C 1Y3 Email:

marton.murphy@hotmail.com Author: Murphy, Marton F Publisher: Notram Publishing Illustration: N

Language: ENG Title: HEALTHY LIVING Through Diet, Exercise And Cooking Pages: 00000 (Encrypted PDF) On Sale: 2012-11-29 SKU-13/ISBN: 9780991694013 Category: Cooking : Health & Healing -

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