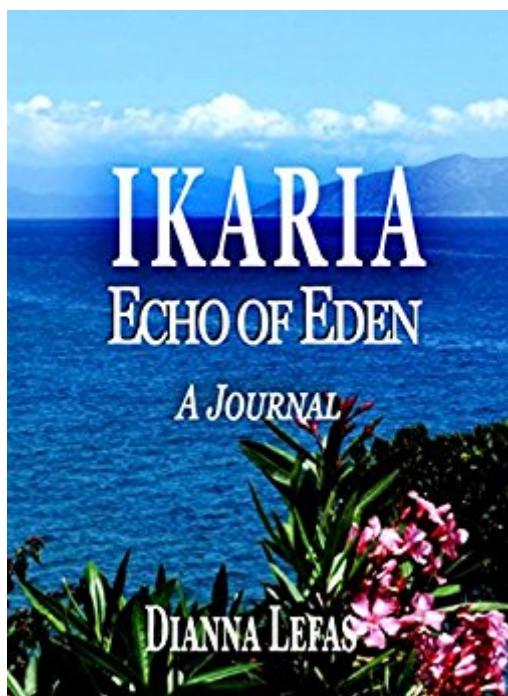


The book was found

IKARIA: Echo Of EDEN: A People, A Journal & Soufiko (Ikaria: "The Blue Zone" Book 2)



Synopsis

What goes into making a place a "Blue Zone," a place where people seem to live longer and healthier - and more satisfying - lives than anywhere else? Is it the food, the lack of stress, or the convulsive roads that twist and turn like a determined contortionist inspiring a faith in God you never knew you had? "IKARIA: Echo of Eden," is a love story. Not the love story between a man and a woman or parents and their children, though this is that, too, but more succinctly, it is a love story between a people and their island. And the ferocious and protective pride they have for a rock of wild, untamable, magical beauty that not only sustained their ancestors in an often hostile and formidable world, but sustains them now through national austerity. It is also about Soufiko (with recipes), that unique Ikarian culinary divinity and the philosophy it exemplifies.

Book Information

File Size: 2955 KB

Print Length: 102 pages

Publisher: Perdiki Publishing (February 16, 2017)

Publication Date: February 16, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B06W9LGRQT

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #659,274 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #43 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > European > Greek #119 in Books > Cookbooks, Food & Wine > Regional & International > European > Greek #298 in Books > Humor & Entertainment > Humor > Cooking

Customer Reviews

A lovely little story about the author's journey to her familial homeland. Warm and charming, this is a pleasant read and makes me want to live a simpler, more fulfilling life!

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