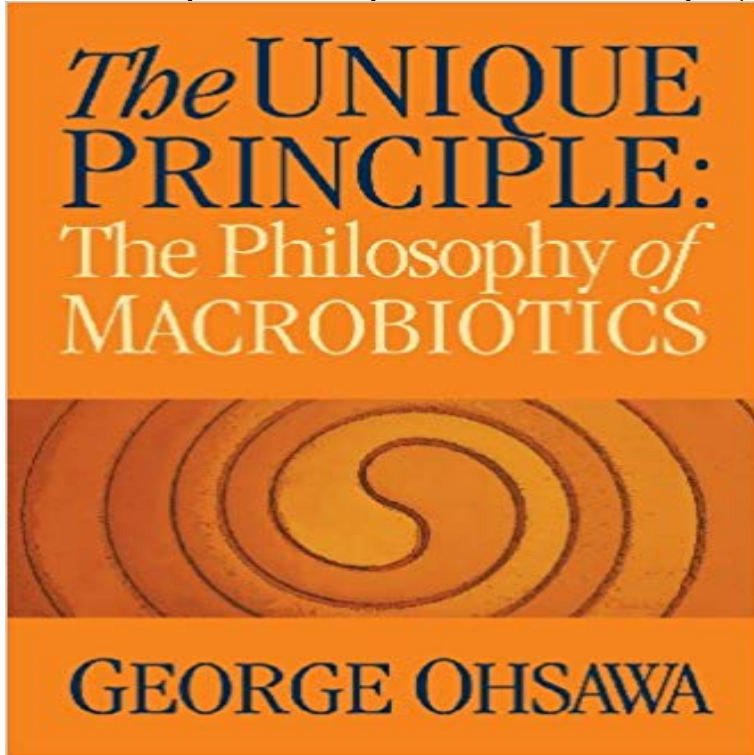


The Unique Principle: The Philosophy of Macrobiotics



The unique (unifying) principle, called yin/yang by the ancient Chinese, is the missing key that joins religion and science, man and God, philosophy and daily life. This is George Ohsawa's first book originally published in French in 1931.

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