

The Complete Idiot's Guide To The Secrets Of Longevity [Paperback] By Kandeel Judge;Maxine Barish-Wreden;Karen K. Brees

By Kandeel Judge;Maxine Barish-Wreden;Karen K. Brees

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About Karen K. Brees: I'm the author of The Complete Idiot's Guide to Preserving Food (Alpha Books, 2009). I'm a Master Food Preserver/Food Safety Adviso