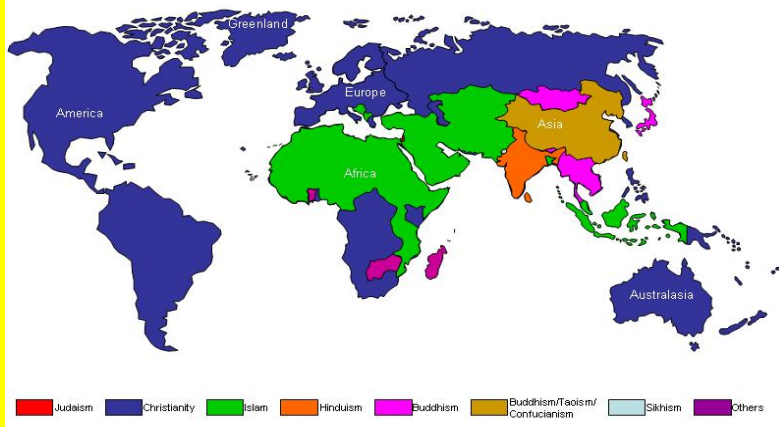




Author: Hassan Endan

Our body has been programmed to live about 80 years. But there are assignable causes that we can live more than certain years. Similarly if we do not control, our life will be shorter. All these factors are revealed in my secret recipe.

World religions: Abrahamic / Ibrahimi, Hinduism, Buddhism, Confucianism, Taoism, Sikhism, Others



Food are taken based on geographical, historical and religions believe.

Try our top 10 recipe for you to cook, Prepare bread daily and Cakes that make you irresistible to eat.

Keep your weight and do not overfed.

ISBN 978-983-42166-3-4



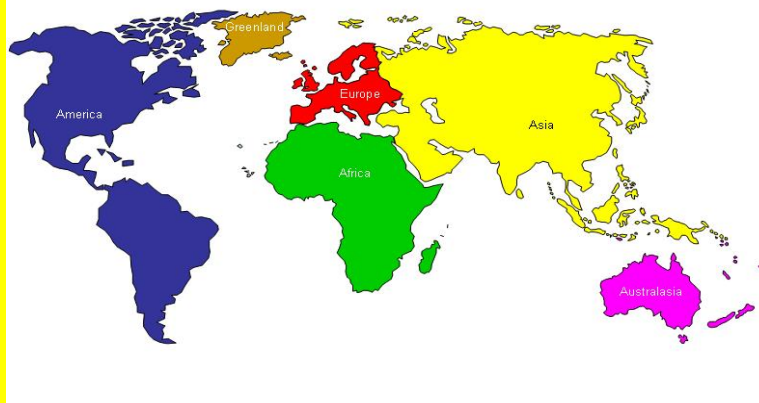
9 789834 216634

My Secret Recipe

by Hassan Endan

# My Secret Recipe

World map : Africa, America, Asia, Australasia, Europe and Greenland



<b>Cook recipe</b>	<b>Bread recipe</b>	<b>Cakes recipe</b>
--------------------	---------------------	---------------------

Halal food	Chinese	Spicy
Kosher food	Indian	Hot
Malay cuisine	Arabic	No preservatives
Malaysia food	Italian	Oxygen free

by  
Hassan Endan (Ph.D)

Cooking to live longer and living a healthy life

**Book Stores / Sales Outlets:**

1/ Pekan Buku (Tel: 03 7956 5000 )  
Cooperative Bookshop, University of Malaya, Kuala Lumpur

2/ The Times Book Shop (Tel: 03 2382 9098),  
Ground Floor, KLCC, Kuala Lumpur

3/ Pustaka Mukmin (Tel: 03 2693 5155),  
141, Jalan Tuanku Abdul Rahman, Kuala Lumpur

4/ Kinokuniya Book Stores (Tel: 03 2164 8133)  
Level 4, KLCC, Kuala Lumpur

5/ Kedai Cendera Hati (Tel: 03 4043 6682)  
Ground Floor, Convention Center, Putra World Trade Center, Kuala Lumpur

6/ Kedai Buku Koperasi UPM (Tel: 03 8941 9725)  
Universiti Putra Malaysia, Serdang, Selangor

7/ Kuala Lumpur direct delivery (>10 copies)  
Call: 0163715005