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VAN OUDENHOVEN  
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WITH  
OUR OWN  
HANDS

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WITH  
OUR OWN  
HANDS

A CELEBRATION OF FOOD AND LIFE IN THE  
PAMIR MOUNTAINS OF AFGHANISTAN AND TAJIKISTAN

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ارجنگاری خوراک و زندگی در کوهستانهای پامیر افغانستان و تاجیکستان

БО  
ДАСТОНИ  
ХУД

ЧАШНИ ТАЪОМ ВА ЗИНДАГӢ ДАР КУҲИСТОНИ  
ПОМИРИ АФҒОНИСТОН ВА ТОҶИКИСТОН

FREDERIK VAN OUDENHOVEN | JAMILA HAIDER

# WITH OUR OWN HANDS

A CELEBRATION OF FOOD AND LIFE IN THE  
PAMIR MOUNTAINS OF AFGHANISTAN AND TAJIKISTAN

Frederik van Oudenhoven and Jamila Haider

With a foreword by HRH The Prince of Wales

With Our Own Hands tells, for the first time, the cultural and agricultural history of the Afghan and Tajik Pamirs, one of the world's least known and most isolated civilisations. Through the lens of local recipes, essays, stories and poetry, and accompanied by the work of three award-winning photographers, it describes Pamiri food and its origins, people's daily lives, their struggles and celebrations.

In a context where poverty, conflicts and political upheaval have made it difficult for people to express and define their identity, food becomes a powerful tool for its revival.

*Thanks to the generous support of our donors,  
1800 book copies will travel back to the Pamirs and be given  
to all Pamiri communities, schools, cooks and libraries.*



# Look Inside



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You can now pre-order at the introduction price of € 34,50 (until June 28)  
The sale price after the book release will be € 54,50

\* Your pre-order is important. It helps us know how many books to print.  
If several books are ordered to the same address, we will do our best to ship in bulk  
to reduce postal charges.

### BOOK DETAILS

Date available: 28 June 2015

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Images: over 300 colour photographs

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