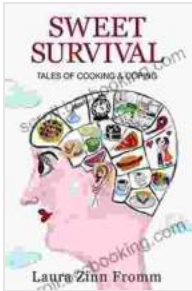


Sweet Survival Tales of Cooking Coping



Sweet Survival: Tales of Cooking & Coping

by Laura Zinn Fromm

★★★★☆ 4.2 out of 5

Language : English
File size : 2631 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 316 pages
Lending : Enabled



In the face of adversity, food can be a powerful source of comfort and strength. In *Sweet Survival Tales of Cooking Coping*, a group of inspiring women share their stories of how cooking helped them to overcome challenges in their lives.

From a woman who coped with the death of her husband by baking his favorite cookies to a woman who used cooking to help her recover from an eating disorder, these stories are both heartwarming and inspiring. They show how the simple act of cooking can help us to connect with our emotions, process our experiences, and find joy in life again.

Whether you're a seasoned cook or just starting out, you'll find something to relate to in these stories. They offer a unique perspective on the power of food and its ability to heal our bodies and minds.

What others are saying about *Sweet Survival Tales of Cooking Coping*



“This book is a must-read for anyone who has ever struggled with adversity. The stories are inspiring, heartwarming, and full of hope.” - Dr. Jennifer Ashton, ABC News Chief Medical Correspondent



“Sweet Survival Tales of Cooking Coping is a powerful reminder of the healing power of food. These stories will stay with you long after you finish reading them.” - Katie Couric, journalist and author

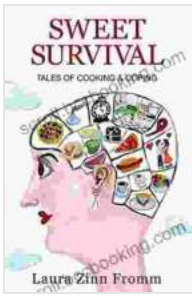


“I highly recommend this book to anyone who is looking for inspiration and hope. The stories in Sweet Survival Tales of Cooking Coping are a testament to the resilience of the human spirit.” - Chef José Andrés, World Central Kitchen founder

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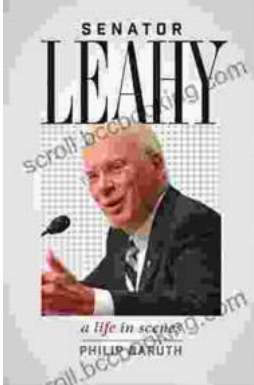


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