



Finding Yourself in the Kitchen: Kitchen Meditations and Inspired Recipes from a Mindful Cook

Dana Velden

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Many books teach the mechanics of cooking and even inspire us to cook; not many dwell on the kitchen's ability to be a place of awakening and joy. In *Finding Yourself in the Kitchen*, Dana Velden asks you to seek deeper meaning in this space and explores what cooking can teach about intimacy, failure, curiosity, and beauty.

Finding Yourself in the Kitchen is a book of essays, each focused on a cooking theme that explores how to practice mindfulness in the kitchen--and beyond--to discover a more deeply experienced life. It also offers meditation techniques and practical kitchen tips, including 15 of Velden's own favorite recipes.

What happens when we find ourselves in the kitchen? What vitalizes, challenges, and delights us there? An extension of her popular "Weekend Meditation" column on TheKitchn.com, this book offers you the chance to step back and examine your life in a more inspired way. The result is a reading experience that satisfies, nourishes and inspires.

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Terry Kline:

A lot of people always spent their own free time to vacation or go to the outside with them loved ones or their friend. Do you realize? Many a lot of people spent these people free time just watching TV, or perhaps playing video games all day long. If you would like try to find a new activity honestly, that is look different you can read some sort of book. It is really fun for you. If you enjoy the book that you read you can spent the entire day to reading a e-book. The book Finding Yourself in the Kitchen: Kitchen Meditations and Inspired Recipes from a Mindful Cook it is quite good to read. There are a lot of people that recommended this book. These folks were enjoying reading this book. In the event you did not have enough space to bring this book you can buy the actual e-book. You can m0ore very easily to read this book from the smart phone. The price is not too expensive but this book has high quality.

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