

How can you grow to **love** cooking? Exchange emotional eating for **emotional cooking**, which is sooooo much more fun, nurturing and pleasurable!!

We all need more time and energy in our lives. With the right approach, a home-made food experience can be deeply restorative.

- 1 Try something new and fresh
- 2 Ask questions—we need more people talking about hand-made food
- 3 Trust your instincts—it is not all about following recipes to the letter
- 4 Start with inspiration—then fully engage all your senses in the kitchen
- 5 Anyone who wants to cook better, will!
- 6 Go easy on yourself—failures refine your mastery!
- 7 No time? Even once more per year is more time spent in the kitchen
- 8 Embrace nutritional variety—this gift of colour gives back
- 9 Freaked by food fads and diets? Balance loving restraint and loving open-mindedness



Good food and conversation
are good for your health.