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EMPTY NEST COOKBOOK EBOOKS 2019



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The kitchen has always been a place of family gatherings, so it isn't surprising that it is here that a mother whose children have moved on would find solace. "The Empty Nest Cookbook will help parents find new life--in the kitchen and elsewhere--once the children are gone. This feel-good cookbook entices the reader to light the candles, pour the Chardonnay, and enjoy the music while preparing time-efficient, interesting meals for two or more. The author has created more than 200 original recipes, from appetizers to desserts, as well as 25 menus with instructions. The cuisine is fun and light, the mood is joyful, and the setting is intimate as she presents food--and food for thought--for this unique period of life. Woven throughout are essays that offer positive insight and advice for surviving the woes of this transitional period and for redefining oneself. Among these essays are "You're Your Pet's Mom Now," "There Goes the Bridge," "No Need to Shut the Bedroom Door" "The Kids Are Coming!" "Joy to the world?" "Who are You" "Those Wolf Whistlers Aren't for You," and "All the Cookies Are Yours." "The Empty Nest Cookbook marries old-style family cooking with the more sophisticated culinary yens of it working couple. It approaches the subject on three levels suited to the empty nester: cooking for two, managing family visits, and entertaining guests. While it will appeal to women who are experiencing their own empty nest, it also makes a thoughtful gift from their adult children.

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