

In *Everything I Eat Nourishes Me, A Cookbook for Body & Soul*, Aline Fourier has gathered a multicultural collection of recipes and rich stories about dishes we love to create. Eating becomes a journey of nourishment, as we learn about our connections to the foods we eat – our feelings, thoughts, and memories. We are the alchemists of our bodies in this colorfully creative and empowering approach to cooking and eating.



"Everything I Eat Nourishes Me offers a refreshing, revolutionary approach to both cooking and eating, one which eliminates the taboos and guilts previously attached to delicious food. The recipes vary from elegant to down-home fare. This is food that you can go into the kitchen and make yourself – food that not only makes you feel good when you are eating it, but also when you are cooking it. This down-to-earth cookbook shows us the nurturing power of food, feeds the soul with its powerful, positive affirmations and encourages us to trust our inner choices."

Pandra Squadrilli, chef and former owner of *Entre Nous*, *Café Kabul* and *Sandra's Restaurant* in New York City

"This work comes from the heart. Its personalized approach to the mind-body connection around food makes it transcend more conventional books on recipes. I will never think of food in the same way again."

Lynne Hendrick, multimedia artist

"I want this cookbook in my kitchen! There is nothing like the favorite dishes of real people and families to expand our cooking repertoire. Everything I Eat Nourishes Me is a beautiful collection that engages us in conscious eating. The narratives, photos and artwork are very intimate. They cradle the recipes like a tea cozy."

Judy Robbins, fine artist

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