

Seasons of the Soul: Cooking Through Life's Moments

Life unfolds in seasons, and so does the food we crave. *Seasons of the Soul* journeys through the flavors of joy, heartbreak, celebration, and renewal — pairing each emotional chapter of life with recipes that heal and inspire. From cozy soups for cold days to bright salads for new beginnings, this collection honors the rhythm of the heart and the kitchen alike.

This book is an exploration of how what we cook mirrors how we grow.