



## Recipe for a Good Life

*Paulette Murphy, Dawn Friesen*

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Recipe for a Good Life is a collection of recipes using ingredients believed to fight cancer. The healthy food choices are beautifully illustrated with images of original artwork. All recipes and images were contributed by a community of caring friends. It's truly amazing how potluck works so well. Everyone brings a little something to the table and then receive a little something in return. In the spirit of potluck many individuals have brought their offerings to this book in the hope of helping others enjoy a good life. The recipes in this collection have been donated by professional chefs and amateur enthusiasts alike. The original artwork, depicting the healthy foods, has all been donated by fine artists. This is our small contribution towards the fight against cancer. Proceeds from the sales of this book will be donated to cancer research and support organizations.



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#### **Danielle Deguzman:**

Spent a free time to be fun activity to try and do! A lot of people spent their sparetime with their family, or their own friends. Usually they doing activity like watching television, about to beach, or picnic inside park. They actually doing same every week. Do you feel it? Do you want to something different to fill your own personal free time/ holiday? Can be reading a book could be option to fill your totally free time/ holiday. The first thing you ask may be what kinds of book that you should read. If you want to consider look for book, may be the e-book untitled Recipe for a Good Life can be excellent book to read. May be it might be best activity to you.

#### **Anna Rangel:**

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