



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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