



## Count Yourself in - Let s Eat!: An Adventure That Begins in a Cookbook and Moves Out Into Life

By Dr Lesley Ann Taylor

Createspace, United States, 2011. Paperback. Book Condition: New. Martha Taylor (illustrator). 202 x 134 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. What does it take for you to Count Yourself In? In this innovative book, Lesley Ann Taylor takes you through a model for living life that you practice while developing the everyday skill of cooking. Believing that we all want to take control of our lives to get the things that we want, she shows how it begins with moving up to choose to choose, moving on to choosing what we want, and moving into getting our dreams. This is ingeniously done with a Feast of Choice paradigm at the beginning of what turns out to be a cookbook in which you are encouraged to go on and play with Cooking Catalysts (aka recipes) that are not to be followed but to be changed. In the process, you change and become more able to take a bolder leap and a surer stand with more favourable results from wherever your starting point in the kitchen, and more powerfully in the game of life itself. This is a book for anyone who wants to simply learn how...



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