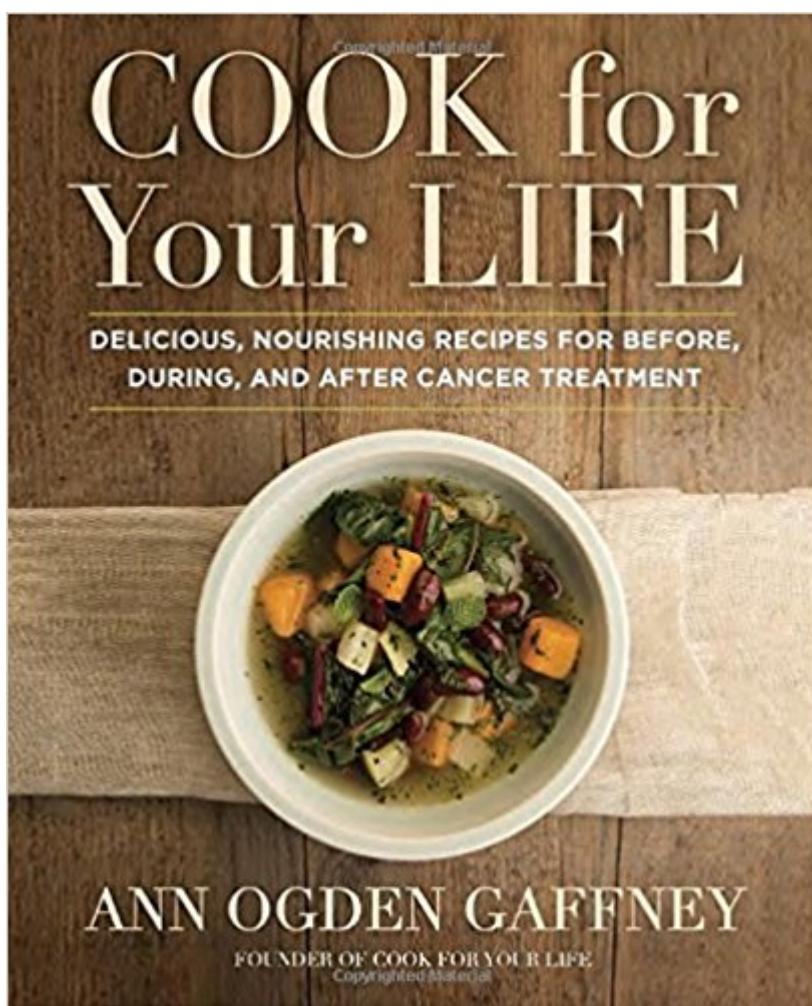


The book was found

# Cook For Your Life: Delicious, Nourishing Recipes For Before, During, And After Cancer Treatment



## Synopsis

2016 James Beard Award nominee and 2016 Books For A Better Life Award winnerA beautiful, unique cookbook with delicious recipes for all stages of cancer treatment and recovery, from a two-time cancer survivor and founder of the Cook for Your Life nutrition-based cooking programs. A Cook for Your Life is a one-of-a-kind cookbook for those whose lives are touched by cancer, organized by the patient's needs. A Self-taught home cook and two-time cancer survivor Ann Ogden Gaffney discovered during her months of treatment for breast cancer that she was able to find powerful relief for her symptoms through cooking. Realizing that other patients and families could benefit from the skills and techniques she'd learned, she began to offer advice, recipes, and free classes to fellow patients. A former fashion consultant, Gaffney realized after her treatment that her heart was no longer in seasonal colors and hemline trends. Instead, she wanted to help people with cancer and their families cook and care for themselves. In 2007, the nonprofit organization Cook for Your Life was born. Its programs have received funding from the National Institutes of Health (NIH) and have been embraced by organizations such as Columbia University's Mailman School of Public Health, Mount Sinai Health System, Atlantic Health System Cancer Care, the American Cancer Society's Hope Lodge in New York City, and more. Cook for Your Life has touched hundreds of thousands of lives. Now Gaffney delivers her very first highly anticipated cookbook, based on Cook for Your Life's classes. So many cancer cookbooks are too complicated to follow for someone going through the treatment, or too clinical and uninspired to encourage anyone with compromised taste buds to enjoy. This is the first cookbook to organize the recipes into categories according to the way patients feel and their needs in the moment—for example, "Simple" recipes when the patient is fatigued, "Safe" recipes when a patient's immune system is compromised, and "Spicy" recipes when a patient is feeling better and needs to wake up her taste buds. With its warmth, authority, beautiful design, and smartly conceived format, Cook for Your Life empowers patients and families to cook their way back to health.

## Book Information

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## Customer Reviews

"Cook For Your Life was a safe haven of information and delicious recipes for me and my family following my diagnosis of leukemia at age 22. There are many things that lie outside of your control when you're diagnosed with cancer, but Cook For Your Life taught me how to take charge of my health in the kitchen."-Suleika Jaouad, New York Times columnist of "Life

Interrupted" Cook for Your Life and Ann Ogden's work inspire me. She teaches a greatly needed skill for patients and families affected by cancer - how to nourish and heal the body with food."-Dr. Drew Ramsey, author of Fifty Shades of Kale

Ann Ogden Gaffney is the founder of Cook for Your Life, a cancer-fighting nutritional program validated by the National Institutes of Health, which offers free hands-on cooking classes in person and online to cancer patients.

This book is by far the best of the many cancer cookbooks I own! The ability to choose recipes according to the readers needs at that time is invaluable! I never knew that eating in a healthy, nourishing way could be so delicious and simple! I have recently made the shift from Cancer Patient to Cancer Survivor. I am convinced it's due to the combination of learning the right way to eat during and after treatment as well as having great doctors. I have been fortunate enough to participate in a few of Ann Gaffney's classes at Hope Lodge NYC. This cookbook allows me to add to the cherished recipes from those classes. Thanks Ann, for all of your "Ann's Tips" throughout the book. It makes is so much fun! Highly recommended!!

My dad is fighting terminal cancer, and over at least the last 6 weeks, it seems that his intake of solids and liquids has greatly diminished. We tried to get ahold of the dietitian at the hospital who unfortunately was not overly intelligent. I ordered this on a whim and was thrilled when I paged

through it. This is absolutely worth the money and I would suggest anyone own a copy. Life changes too quickly, never know who you may be able to help.

Excellent cookbook for life with cancer and for any other time. The recipes are relatively easy and all healthy.

Excellent, easy to prepare, and simple ingredient healthy nourishing recipes.

#### Horrible index

I have not had the chance to try the recipes yet but like how it is organized by dietary needs. What surprises -- and disappoints me -- is that there is no nutrition info for the recipes. Given the purpose of this book, I just assumed it would list proteins, carbs, and other nutrition facts per serving so that I could follow the guidelines provided to me by the cancer center dietitian. What a hassle to have to figure each recipe out.

Excellent guidelines and instructions. The only thing I need is a cook to go with it.

Going to use it today. Been sick with the flu. Pictures and instructions done very good. Thanks

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