



# The Blissed Out Chef: A celebration of life, love and food

*Laurel Herman*

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## **The Blissed Out Chef: A celebration of life, love and food** Laurel Herman

The Blissed Out Chef written by International Best-Selling Author Laurel Herman is the first interactive book on food, and cooking that actually has its own musical playlist. 23 songs that correspond to the chapters and recipe to inspire and heal. This is the book that will change everything you thought you know about food and cooking. You don't just read this book you feel it. This book encompasses everything that the human heart, and mind struggles with. In the words of

Quoted by Bernie Siegel MD author of The Art Of Healing, "Read on and learn how to blend true bliss into your life and relationships with the recipes shared in Laurel's book, Her recipes are also my prescriptions." The Blissed Out Chef is meant to be enjoyed the way it was written, to music. This is not just any book, it's an experience.

This is one book that is like nothing you have read or experienced before!

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