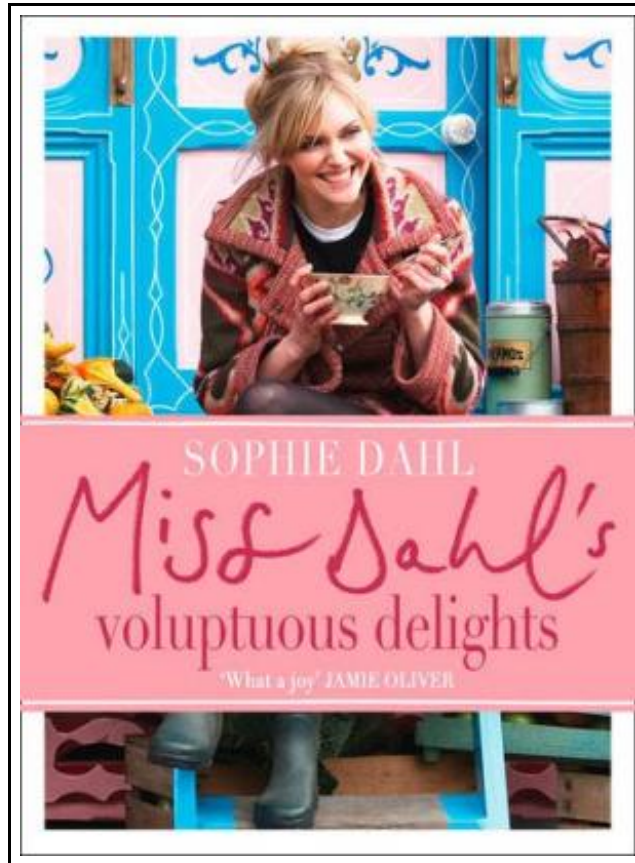


## Miss Dahl's Voluptuous Delights



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### ***Reviews***

*Here is the best publication i have got go through until now. It is actually writter in simple phrases and never hard to understand. I realized this publication from my dad and i suggested this ebook to find out.*

***(Lorena White)***

## MISS DAHL'S VOLUPTUOUS DELIGHTS



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HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, Miss Dahl's Voluptuous Delights, Sophie Dahl, Sophie Dahl, one of the most beautiful and stylish women on the planet, shares delicious secrets from her slinky kitchen. With 100 delectable recipes for each season, as well as funny and touching stories from her amazing life, this luscious and beautifully illustrated book is set to become a cookery classic. Sophie Dahl has been both round as a Rubens and as sylphy as a sapling, through trial, error and an episode in India which needn't be discussed in detail with anyone. She lived out the latter part of her adolescence in public, and so her puppy fat, which should have been a tender family joke, became fuel for national debate. At the time this was crippling to her, and one of the reasons she moved to another country. Flirting with every food fad from Atkins to raw food, she has had both misadventures and victories in her quest to have a sound healthy relationship with food. Now in her twenty-ninth year it is suddenly simpler: Sophie cooks and eats, and does both with gusto. It can be lonely and confusing navigating food, particularly with the standards of beauty and weight that are thrust upon us by advertisers. Sophie aims to debunk some of the horrible punishing diet myths, and replace them with compassionate common sense, anecdotal stories and a lashing of healthy recipes. This is a book that doesn't encourage guilt or monastic deprivation, but celebrates the joy in food and eating. Original, funny, quirky with a bit of whimsy, this glorious book is full of memoir, anecdote and delicious recipes, scattered with lovely Matisse-like line drawings that slope off the page.



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