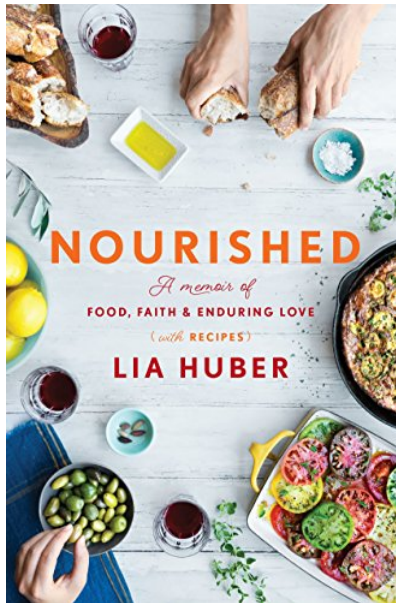


# [GET] Nourished: A Memoir of Food, Faith & Enduring Love (with Recipes) (Convergent)



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A noted entrepreneur, food writer, and recipe developer serves up an evocative adventure story about her quest to find healing, meaning, and a place at the table. Hunger comes to us in many forms, writes Lia Huber—we long to be satisfied not just physically, but emotionally and spiritually as well. *Nourished* invites readers on Huber's world-roaming search to find the necessary ingredients to nurture all three. She begins her quest with an Anthony Bourdain moment in a Guatemalan village: she's slipping fresh vegetables into a communal pot of soup she's cooking up for chronically undernourished children. Village grannies look on disapprovingly... until the kids come back for more. From there, Huber takes readers to the Greek island of Corfu, where she learns the joys of simple food and the power of unconditional love; to a Costa Rican jungle house (by way of an 8,000-mile road trip), where she finds hope and healing; and finally to California's wine country, where she steps into the person she was meant to be and discovers her calling to nourish others.

**CONTINUE ►**

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