



Satisfying Food for the Soul: Grace, Love & Taste by Phenomenal Women

Mya Carroll

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Satisfying Food for the Soul This isn't your ordinary soul food cookbook, but an inspirational, encouraging cookbook to motivate anyone facing adversities in their lives. This cookbook will engage families, friends and neighbors like cooking connected us back when I was growing up whether it was for a wedding or a funeral. Cooking connected people and allowed us to come together to congregate and resolve issues. Just as the stories you will find in this cookbook by these brave women. With these amazing recipes you'll be inspired to create delectable dishes and invite family and friends over to kick back and relax while satisfying everyone's taste buds with every bite.

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