

*“The Allmoods Cookbook (First Volume) is the book you didn’t know you needed. Chock full of wit and wisdom (and tasty recipes, too), it contains suggestions for how to temper, enliven, or assuage a variety of common emotional states—all without leaving the comfort of your kitchen. It is an idea book, first and foremost, self-help and therapy and culinary advice all rolled into one thought-provoking package.”*

Judge, 27th Annual Writer’s Digest Self-Published Book Awards