



# Recipes for a Beautiful Life: A Memoir in Stories

*Rebecca Barry*

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## **Recipes for a Beautiful Life: A Memoir in Stories** Rebecca Barry

Writing with “a delicate, beautiful balance of wit and yearning” (#1 *New York Times* bestselling author Elizabeth Gilbert), Rebecca Barry’s poignant take on creativity, marriage, and motherhood will make you laugh and cry—sometimes at the same time.

When Rebecca Barry, writer, mother, cat lady, and aspiring meditator, and her husband moved to upstate New York to start their family, they were optimistic that they’d be able to build a life they’d love: one connected to nature and extended family, one where they could invest in their artistic dreams, spend time with their children, live cheaply, and eat well. Naturally, things didn’t turn out to be so simple: the lovely old house they bought to fix up needed *lots* of repair, their children wouldn’t sleep, and the novel Rebecca had dreamed of writing simply wouldn’t come to her.

“Anecdotal, funny, and telling, with the kinds of momentary glimpses of ordinary days that reflect something larger” (*The New York Times*), *Recipes for a Beautiful Life* is about reveling in the extraordinary moments in daily life while trying to balance marriage, children, extended family, and creative work. The book is an excellent companion for mothers with small children, but it also speaks to anyone trying to find meaning in their work or a life that is truer to the heart. Full of great dialogue, tongue-in-cheek recipes (Angry Mommy Tea), and tips on things like how to keep your house clean (“just don’t let anyone in”), *Recipes* captures the sweetness and beauty of answering your soul’s longing, as well as the difficulty, struggle, and humor that goes along with it. Mostly it is about the realization that a beautiful life, for this author, meant a rich, often chaotic, creative one. Or, as *Redbook* said when it featured the book in its “5 fabulous, even life-changing new reads” column: “Contentment isn’t about getting everything...but finding magic in the mess.”

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