



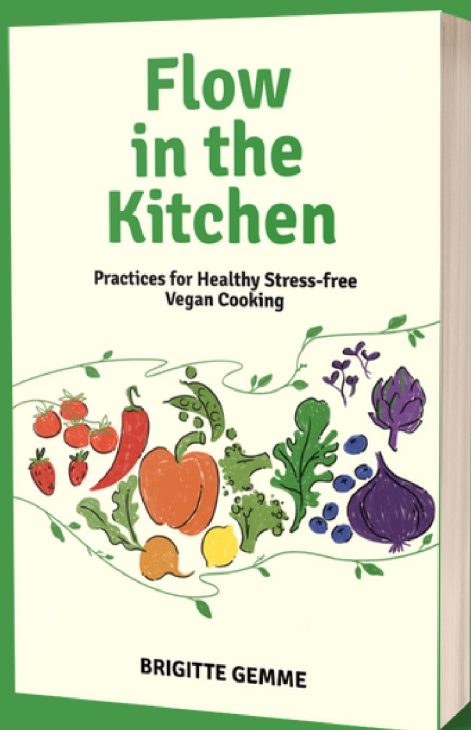
# Brigitte Gemme

## Flow in the Kitchen

### Practices for Healthy Stress-Free Vegan Cooking

"I will never say "I hate cooking!" again. I thought I needed a meal delivery service when really I needed this book. Finding *Flow in the Kitchen* has been a surprise, a relief, and a delight."

Oonagh Duncan, bestselling author of *Healthy As F\*ck*



*Flow in the Kitchen* is how you can prepare nourishing meals in a focused, confident, and joyful way. Beyond recipes and the act of cooking itself, *Flow* offers the practices you need to stop getting frustrated or resentful in the kitchen. From reflecting on your "why" to meal planning, from batch cooking to improvising weeknight meals, this book will nurture and motivate everyone who needs to cook. Brigitte Gemme is a gentle and experienced educator with a background in sociology and project management. She helps you *understand* the basics of healthy vegan cooking... and how to make it happen every day. You and your loved ones will be nourished, so you can live your best life and make a difference in the world.

Pbk 214 pages: ISBN: 978-1-7387018-1-0

Ebook: 978-1-7387018-0-3

November 2022

Published by Low Impact Lab - Distributed by Ingram

Order from your local bookstore, Amazon or Kobo

**ORDER FROM YOUR FAVORITE BOOKSTORE TODAY**

Media and speaking: [hello@veganfamilykitchen.com](mailto:hello@veganfamilykitchen.com)