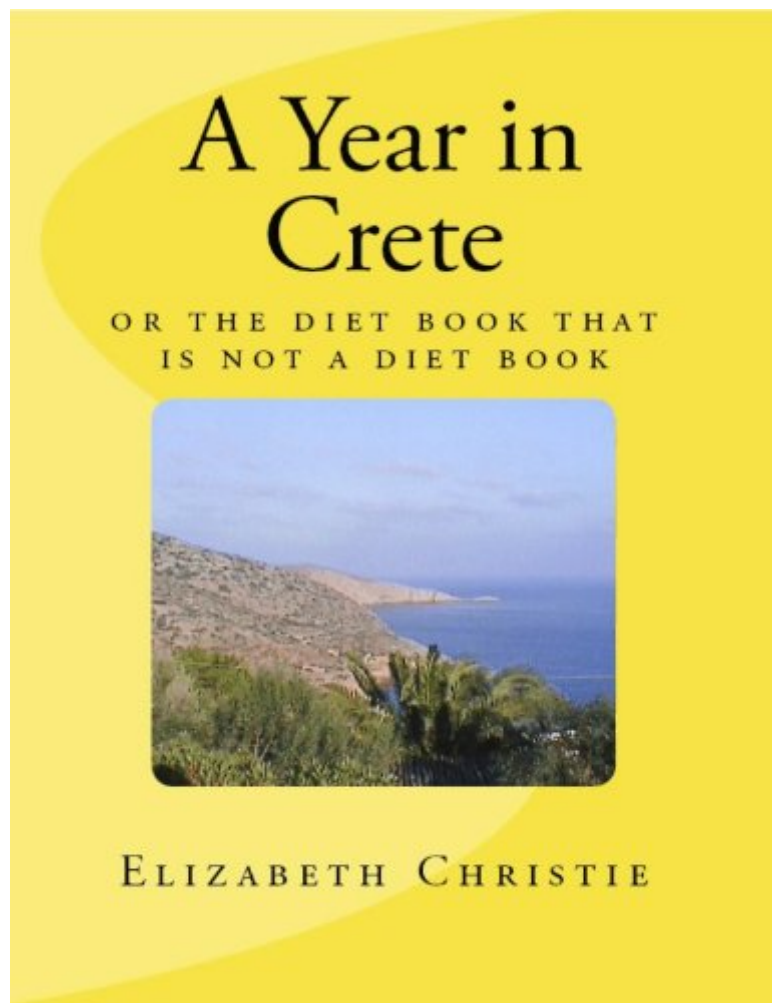




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# A Year In Crete (or The Diet Book That Is Not A Diet Book)



## Synopsis

I had the opportunity to live on the island of Crete with my family for just over a year and write a newspaper column to report on my experiences. In the process of researching, writing, cooking and eating I dropped two dress sizes, but there was more to my trip than discovering the unexpected benefits of following a mediterranean diet. If I close my eyes, a series of sensory snapshots flicker in front of my eyes that will be with me forever. A whiff of fresh thyme and I'm back to our weekly barbecues seated under the grapevines at our home, or recalling days at the beach with our Greek friends and our collection of sandy-bottomed children. But it was not all sunshine and blue seas as we dealt with trials that really took our family to the edge and fundamentally altered all of us in so many ways. We lived life in primary colours and Crete truly consumed us. I hope you enjoy reading about our adventures and that the recipes evoke the scent and flavours of Crete for you as they do for me every time I prepare them.

Kalo taxithi!

Reviews: "This was one of those books where I noticed the percentage read at the bottom of the Kindle Page getting bigger and dreaded finishing. It was wonderful - a real escape from the grey winter. I wanted it to last so much longer ! ... The recipes are lovely, the tips for those going to stay awhile/work abroad extremely useful and the stories very interesting. I beg the author to write more, and I'm off to search now to see if she has. A real joy." "I CHOSE FIVE STARS BECAUSE IT REMINDED ME OF MY SIX MONTHS IN CRETE THAT I WOULD LOVE TO DO AGAIN ,EVERYTHING SHE WROTE ABOUT ME AND MY WIFE EXPERIENCED ,IT WAS A FANTASTIC READ ,ITS GOT ME WISHING AGAIN ,I JUST LOVE CRETE ,THIS BOOK JUST BROUGHT IT ALL BACK. THANK YOU."

## Book Information

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## Customer Reviews

This was like taking a trip down memory lane as the author mentions many things in passing that reminded me of my stay in Greece. On one level it is an account of the writer's move to Crete with her husband and young daughter and although the account is sometimes funny and always interesting, there isn't anything that sets this story apart from any of the other similar expat accounts. What does make it special are the numerous recipes that the author includes in the book. With such mouth-watering delicacies I still don't understand how she managed to lose weight whilst in Greece but I'm going to happily give the recipes a try.

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