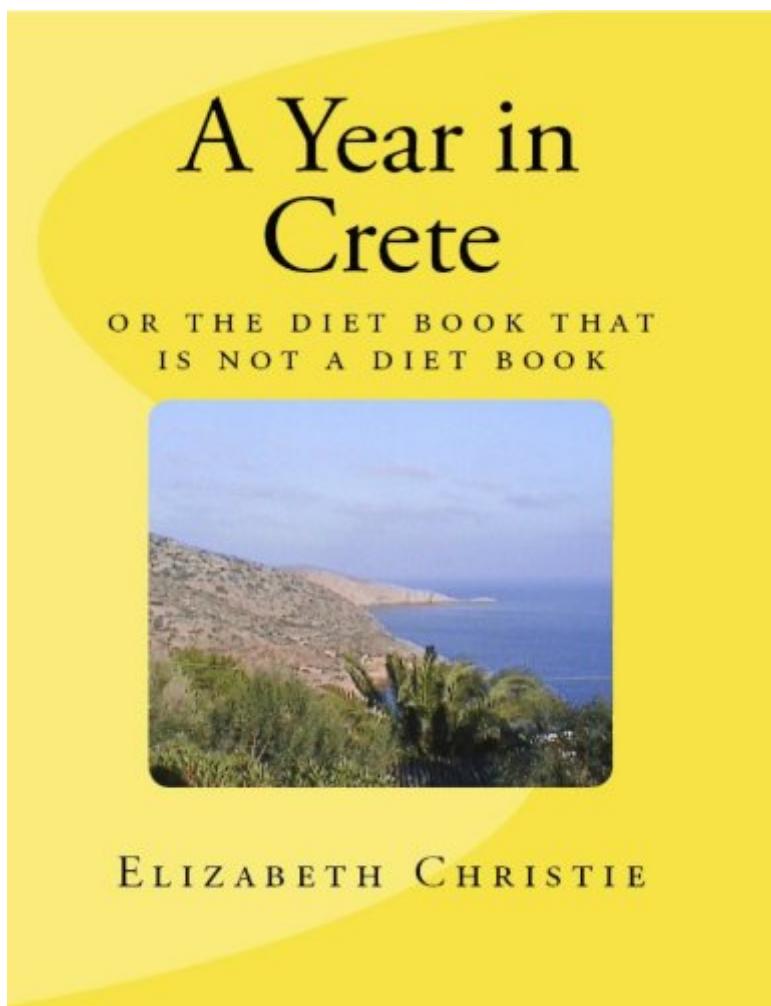


The book was found

# 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

File Size: 658 KB

Print Length: 260 pages

Publication Date: January 10, 2014

Sold by:Ã ª Digital Services LLC

Language: English

ASIN: B00AXT0XT6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,204,790 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #58  
in Books > Travel > Europe > Greece > Crete #229 in Books > Kindle eBooks >  
Nonfiction > Travel > Europe > Greece #672 in Books > Travel > Europe > Greece > General

## 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.

[Download to continue reading...](#)

A Year in Crete (or The Diet Book that is not a Diet Book) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know \*\*BONUS\*\* 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) Coaching Elementary Soccer: The easy, fun way to coach soccer for 6-year-olds, 7-year-olds, 8-year-olds, 9-year-olds, and 10-year-olds (kindergarten, first-grade, second-grade, and third-grade) Crete Greece - Trip Ideas: Five Days in the East of Crete by Car or Motorcycle Crete Travel Guide:

The Top 10 Highlights in Crete (Globetrotter Guide Books) Crete (Insight Guide Crete) Top 10 Places to Visit in Crete - Top 10 Crete Travel Guide (Includes Chania Town, Heraklion, Knossos, Malia, & More) Crete Greece - Trip ideas: Five Days in the West of Crete by Car or Motorcycle My Crete: Travel Guide for Crete Cadogan Guides Crete (Cadogan Guide Crete) Sunflower Landscapes of Western Crete: A Countryside Guide (Sunflower Guides Western Crete) Crete Sights 2011: a travel guide to the top 20 attractions and beaches in Crete, Greece (Mobi Sights) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)