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# Food, Health, And Happiness: 115 On-Point Recipes For Great Meals And A Better Life



## Synopsis

Oprah Winfrey will be the first to tell you, she has had a complicated relationship with food. It's been both a source of delight and comfort for her, but also the cause of an ongoing struggle with her weight. In *Food, Health, and Happiness*, Oprah shares the recipes that have allowed eating to finally be joyful for her. With dishes created and prepared alongside her favorite chefs, paired with personal essays and memories from Oprah herself, this cookbook offers a candid, behind-the-scenes look into the life (and kitchen!) of one of the most influential and respected celebrities in the world. Delicious, healthy, and easy to prepare, these are the recipes Oprah most loves to make at home and share with friends and family. From simple pleasures like Unfried Chicken and Turkey Chili, to such celebrations of freshness as Tuscan Kale and Apple Salad and Pasta Primavera, this is food as it should be: a taste of happiness, a ritual to be shared, a toast to life.

## Book Information

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## Customer Reviews

Pasta Primavera [View larger](#)

Red Pepper, Sausage, and Fennel Soup [View larger](#)

"If you are a fan of entertainment mogul Winfrey, you'll love this book...Winfrey's long struggle with weight is well-known. And no matter what you think of her ties with *Weight Watchers*, you have to concede she knows of what she speaks. Winfrey has been there. And she tells the story with

commendable candor." —Chicago Tribune

Over the course of her esteemed career, OPRAH WINFREY has created an unparalleled connection with people around the world. As host and supervising producer of the top-rated, award-winning The Oprah Winfrey Show, she entertained, enlightened, and uplifted millions of viewers for twenty-five years. Her accomplishments as a global media leader and philanthropist have established her as one of the most influential and admired public figures in the world today.

This is an absolutely beautiful cookbook with so much encouragement from Oprah and tons of fun pictures. But I have to say that for the average working girl, there's just too much involved in making these recipes. You'd have to have a sous chef to get them accomplished. For example, the Thai Green Chicken Curry has 15 ingredients for the curry paste and 15 more (!) for the curry. I bought this book because it's Oprah's and because I wanted to improve our eating habits, especially with the WW points already assigned. But sadly, I'm going to return it. I just don't have the time or patience to deal with what all's involved with these recipes.

Beautiful book, but the recipes are too time consuming for this working mom and many ingredients are hard to find. It will be going back to .

Beautiful book but the average person can't afford all the ingredients needed for a meal. If they have a family I doubt they'd have the time to prepare them. If this weight watchers why are their no serving sizes to go with points. Very disappointed.

I am a bit of a cookbook junkie- especially for healthy food prepared well. This is an excellent cookbook with WW points! Big bonus. I like to cook so maybe the prep time and ingredients didn't seem like much to me and the results are fantastic. Great stories and a large variety of choices for many meal ideas. Good book if you like to cook, like the WW points system and just want to eat excellent food while still watching your points. I found the recipes to be easy, delicious and healthy - can't ask for much more. Thanks Oprah!

Well, all I can say is, "Thank you, Oprah." This book is a great compendium of lovely food - from the sumptuously elegant to the deliciously basic, and everything in between. It is overflowing with accurate information and astounding wisdom. I've taken so much from these pages that will fuel my

body and my soul as the future unfolds. One bit of wisdom that has already helped me develop a healthier relationship with my body and with food is this: "I hold myself accountable...but I don't take myself to task." (I am sure I am paraphrasing, but the essence of love and grace is there. Onward!

I just got the book today at Costco. It's a very easy read. I love the stories and the statements she made. I have plenty of Weight Watchers Cookbooks. She deals with the emotional part. She gives that missing part to the weight loss journey. The recipes are very involved. I am looking forward to preparing them. I love the way the directions are given.

printing is really tiny and hard to read, recipes require a lot of money and effort...

I should note I'm in the food service industry so I collect cookbooks. This is really beautifully put together and the few recipes I have tried have been fabulous. The corn and heirloom tomato salad over a piece of cod was deemed by my husband as "the best thing you've ever made." He didn't even notice the pasta prima vera didn't have meat in it.

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