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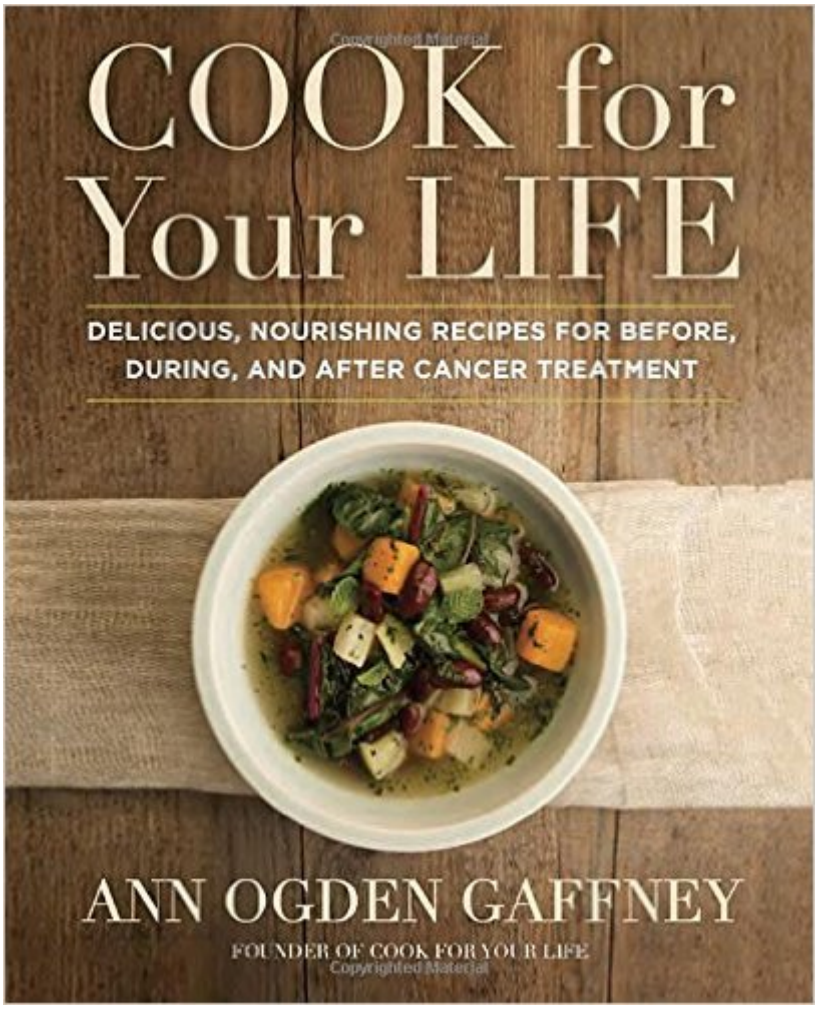
Cook For Your Life: Delicious, Nourishing Recipes For Before, During, And After Cancer Treatment



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Synopsis

2016 James Beard Award nomineeÂ and 2016 Books For A Better Life Award winnerA beautiful, unique cookbook with delicious recipes for all stages of cancer treatment and recovery, from a two-time cancer survivor and founder of the Cook for Your Life nutrition-based cooking programs.Â Cook for Your Life is a one-of-a-kind cookbook for those whose lives are touched by cancer, organized by the patientâ ™s needs. Â Self-taught home cook and two-time cancer survivor Ann Ogden Gaffney discovered during her months of treatment for breast cancer that she was able to find powerful relief for her symptoms through cooking. Realizing that other patients and families could benefit from the skills and techniques sheâ ™d learned, she began to offer advice, recipes, and free classes to fellow patients.A former fashion consultant, Gaffney realized after her treatment that her heart was no longer in seasonal colors and hemline trends. Instead, she wanted to help people with cancer and their families cook and care for themselves. In 2007,the nonprofit organization Cook for Your Life was born. Its programs have received funding from the National Institutes of Health (NIH) and have been embraced by organizations such as Columbia Universityâ ™s Mailman School of Public Health, Mount Sinai Health System, Atlantic Health System Cancer Care, the American Cancer Societyâ ™s Hope Lodge in New York City, and more. Cook for Your Life has touched hundreds of thousands of lives. Now Gaffney delivers her very first highly anticipated cookbook, based on Cook for Your Lifeâ ™s classes.So many cancer cookbooks are too complicated to follow for someone going through the treatment, or too clinical and uninspired to encourage anyone with compromised taste buds to enjoy. This is the first cookbook to organize the recipes into categories according to the way patients feel and their needs in the momentâ ”for example, â œSimpleâ • recipes when the patient is fatigued, â œSafeâ • recipes when a patientâ ™s immune system is compromised, and â œSpicyâ • recipes when a patient is feeling better and needs to wake up her taste buds.With its warmth, authority, beautiful design, and smartly conceived format, Cook for Your Life empowers patients and families to cook their way back to health.

Book Information

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Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (11 customer reviews)

Best Sellers Rank: #95,904 in Books (See Top 100 in Books) #29 inÂ Books > Cookbooks, Food & Wine > Special Diet > Cancer #160 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer #967 inÂ Books > Health, Fitness & Dieting > Nutrition

Customer Reviews

This book is by far the best of the many cancer cookbooks I own! The ability to choose recipes according to the readers needs at that time is invaluable! I never knew that eating in a healthy, nourishing way could be so delicious and simple! I have recently made the shift from Cancer Patient to Cancer Survivor. I am convinced itâ ™s due to the combination of learning the right way to eat during and after treatment as well as having great doctors. I have been fortunate enough to participate in a few of Ann Gaffneyâ ™s classes at Hope Lodge NYC. This cookbook allows me to add to the cherished recipes from those classes. Thanks Ann, for all of â œAnnâ ™s Tipsâ • throughout the book. It makes is so much fun! Highly recommended!!

My dad is fighting terminal cancer, and over at least the last 6 weeks, it seems that his intake of solids and liquids has greatly diminished. We tried to get ahold of the dietician at the hospital who unfortunately was not overly intelligent. I ordered this on a whim and was thrilled when I paged through it. This is absolutely worth the money and I would suggest anyone own a copy. Life changes too quickly, never know who you may be able to help.

Everyone and I mean everyone needs a copy of this book. The thoughtfulness of the recipes not to mention the beautiful writing by Ann Ogden Gaffney is beyond valuable. Most of us have friends and family that, during and after health related issues, need the tender recovery that this book plays a part in. A beautiful and necessary addition to the world of books.

As a five year cancer survivor, I have a great interest in finding helpful tools for getting through cancer treatment and dealing with the challenges of survivorship. This book is a real gem! Not only does it give recipes to help eat when plagued by side effects of chemo and cancer symptoms but it offers recipes for several types of special diets. 'Ann's Tips' interspersed throughout the book offer practical and useful solutions to meal planning and cooking.The beautiful photographs included

definitely inspire a desire to cook and spark interest in eating the finished product too!I appreciate the ease of some of the recipes such as Cozy Rice Pudding. The Tomato Upside Down Cake is a savory that has now been added to my favorite recipes list.I sincerely wish I would have had this book while undergoing my chemotherapy treatments! It is one I highly recommend for anyone diagnosed with cancer and also their caregivers, family, and friends that want to help them in their cancer journey.I was supplied a digital copy this cookbook by the publisher for an honest review but now plan to purchase several hard copies as gifts, including one for myself!

I have not had the chance to try the recipes yet but like how it is organized by dietary needs. What surprises -- and disappoints me -- is that there is no nutrition info for the recipes. Given the purpose of this book, I just assumed it would list proteins, carbs, and other nutrition facts per serving so that I could follow the guidelines provided to me by the cancer center dietition. What a hassle to have to figure each recipe out.

This book is an incredible resource for any weekday cook, regardless of health status. I own a lot of cookbooks, but I do not have one, not even The Joy of Cooking, that so thoroughly lays out the groundwork of cooking simple, nutritious, and delicious meals in your own kitchen. Cooking. For Your Life is a complete guide to cooking in the modern world, whether you want to become healthy, or just want to stay healthy. As a social worker, I am recommending it to all my colleagues who work with cancer patients.

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