



Diet is a 4 Letter Word

Jill Pratt

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"Diet" is a quirky, feel-good read that takes a surprising approach to the wry humor of real life coupled with a brazen reality check. True-to-life stories are wrapped around recipes gathered from the Midwest to create a gem of a book that is unlike anything out there! This quick read is a keeper for the recipes alone, but the narrative and insightful thoughtfulness will delight you time and time again. At times a raucous laugh out loud read, this book will also make you pause and consider the priorities in your life. You might even see yourself in some of the anecdotes.

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