



The Art of Mindful Baking: Returning the Heart to the Hearth (Mindfulness Series)

Julia Ponsonby

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The Art of Mindful Baking is a delightful insight into how the act of baking is, by its very nature, a practical meditation that provides a wealth of physical, mental and social benefits.

Julia Ponsonby (author of the best-selling *Gaia's Kitchen*, Green Books) looks at what it means to use our hands and how kneading promotes wellbeing. This book explores the true and enduring value of eating real food – from the mental focus instilled when judging proportions and cooking time, through to the sense of accomplishment felt when taking the finished bake from the oven and sharing amongst friends.

Eighteen delicious recipes are woven into the text, each with a story of their own; simple spelt bread, brown rolls and scones lead the reader onto more complex bakes, such as stollen, sourdough and soufflé. By the end of the book, you'll feel reconnected with one of life's most basic, sustaining elements.

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